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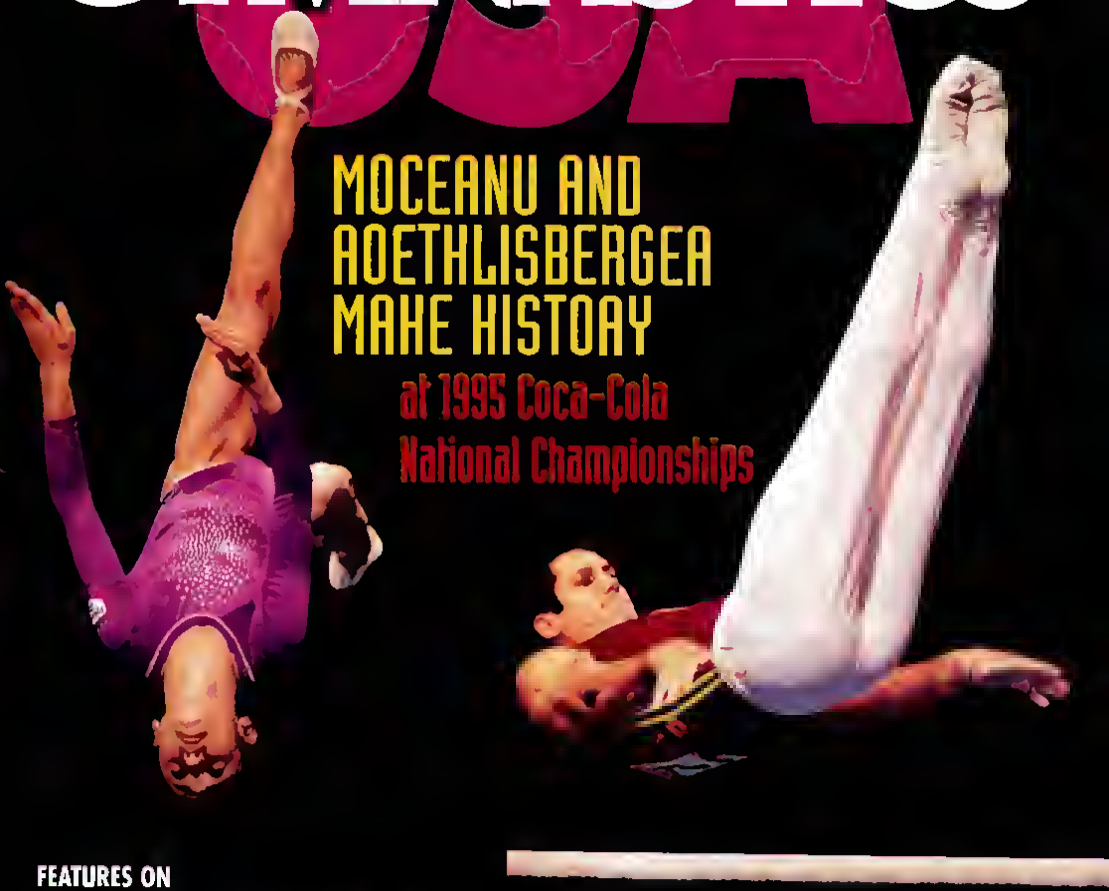
USA GYMNASTICS



MOCEANU AND AOETHLISBERGEA MAHE HISTOAY

at 1995 Coca-Cola National Championships

FEATURES ON

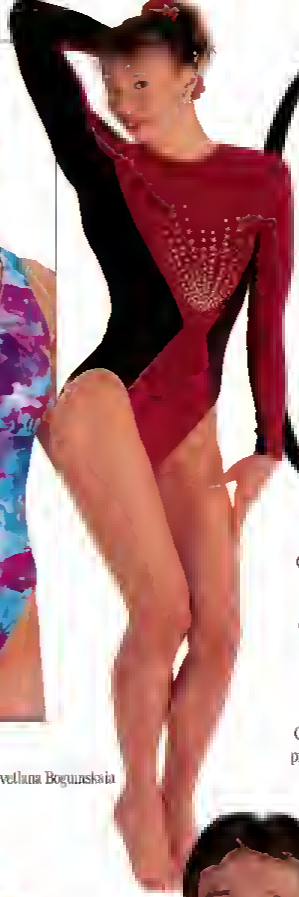
THE ROAD TO ATLANTA

GYMNASTICS POP QUIZ

1995 WORLD GYMNAESTRADA

OLYMPIC FESTIVAL-'95

RISING STARS



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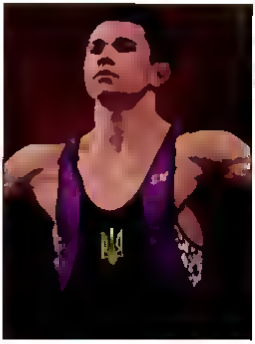

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USA GYMNASTICS

SEPTEMBER/OCTOBER 1995 • VOLUME 24 • NUMBER 5

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How much do you know about the sport of gymnastics? Try the pop quiz on page 14 to see how much you really know!

1995 WORLD GYMNAESTRADA

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The 10th World Gymnaestrada was held in Berlin, Germany, and was a fantastic cultural experience for the USA delegation.

PHOTOGRAPH © TAMARA MARKEY TAYLOR

U.S. OLYMPIC FESTIVAL–'95

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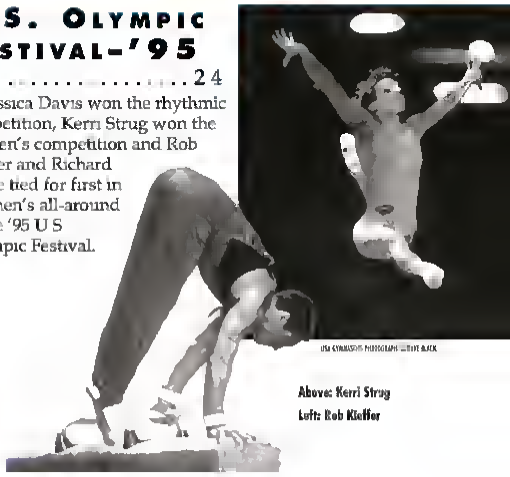
Jessica Davis won the rhythmic competition, Kerri Strug won the women's competition and Rob Kieffer and Richard Grace tied for first in the men's all-around at the '95 U S Olympic Festival.



USA GYMNASTICS PHOTOGRAPH © DAVE BLACK

Above: Kerri Strug
Left: Rob Kieffer

1995 COCA-COLA NATIONAL CHAMPIONSHIPS

.....26

Thirteen-year-old Dominique Moceanu became the youngest Women's Senior National Champion on record at the Coca-Cola National Championships. John Roethlisberger won his fourth National All-Around title, the first to accomplish this feat since Makoto Sakamoto won his fourth in 1968

1995-96 MEN'S AND WOMEN'S SENIOR NATIONAL TEAMS

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Meet the athletes on the USA National Gymnastics Team. Learn where they are from, where they train, where they go to school and other interesting information.

COVER PHOTO OF DOMINIQUE MOCEANU AND JOHN ROETHLISBERGER
USA GYMNASTICS © DAVE BLACK

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Inside USA gymnastics

AND THE READERS SAY...

By USA Gymnastics President Kathy Scanlan

Thanks to more than 600 of you who responded to our **USA Gymnastics Reader Survey** published in the May/June issue. We appreciate your time and effort and hope to work towards accomplishing some of your requests.

Here's a summary of the conclusions. There is an overwhelming demand by almost everyone for **more color pictures and posters** in all issues of the magazine.

The female gymnasts that responded want **fewer ads** throughout the magazine. They want **12 issues per year** with **more local and state results** and they would like for the magazine to be **longer with more coverage of local/upcoming gymnasts**.

Male gymnasts would like to see **more articles and features concentrating on male gymnasts** along with a **question/answer section for men**. They would also like to have a longer magazine with **12 issues a year** and an additional section for articles about **local coaches and gym clubs**.

The parents who participated in the survey would like to see **more coverage of local/upcoming gymnasts** as well as **NCAA athletes**. They would also like to receive **12 issues per year** with **more in-depth information** about different competitions. Also, parents would like to have a section with a **list of clubs and coaches** to contact for training throughout the country.

The coaches and judges would like to see **more articles on nutrition and conditioning** along with more **coaching tips** on different skills and techniques.

Both male and female fans of the sport would also like to receive **12 issues a year with less ads**. The fans would like to see more **interviews with elite gymnasts**, a **TV schedule** of events and **more coverage** of current and upcoming events.

Again, thanks to everyone who participated and we'll do our best to make the magazine a better one for you!

Thanks to Tommy Shrom for compiling the results!

NEW FROM USA GYMNASTICS

SERIES OF VIDEOS THAT FOCUS ON THE NUTRITIONAL, PSYCHOLOGICAL AND PHYSICAL REQUIREMENTS NEEDED TO BE A HEALTHY ATHLETE. TITLE = 3 TO GET READY.

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For parents and coaches: Learn how you can create an environment that fosters high self esteem and positive body image among young athletes.

First two parts of this video series are available for $4.95 each from USA Gymnastics Merchandise Department, P.O. Box 5562, Indianapolis, IN 46255-5562. Tel: 317-237-5060

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A video with the healthy athlete in mind . . . featuring Dr. Dan Benardot, USA Gymnastics National Team Nutritionist, and Mary Lou Retton, 1984 Olympic Gold Medalist.

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For parents and coaches: This video was designed to educate about proper nutrition and to explain the hazards of eating disorders.

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YOU'VE COME A LONG WAY BABY!

Baby snapshots taken straight from your favorite athletes' personal family albums...**GUESS WHO!** This issue's mystery athletes are top level gymnasts. Using the clues below, can you figure out who they are?

- This gymnast trains in Houston, Texas at Cypress Academy, and is in the 10th grade.
- She tied for first on beam at the 1995 Coca-Cola National Championships.
- She is 15 years old and bars and beam are her favorite events.

WHO IS SHE?

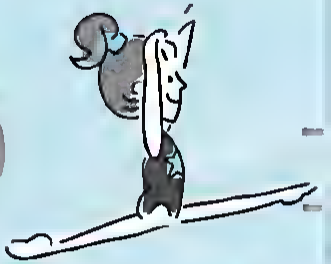
FIND ANSWERS ON PAGE 43!

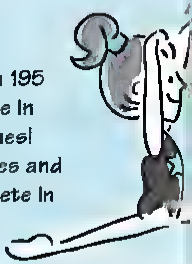
- This gymnast is the 1995 Rhythmic National Champion.
- She is 17 years old and trains at Gymmarin Pacific in California.
- She earned four medals at the 1995 Pan American Games and is coached by Jen Exner.

WHO IS SHE?

Gymnastics Schedule for the 1996 Olympic Games

THE ROAD TO ATLANTA





FUN FACTS

10,003 athletes from 195 countries will compete in the 1996 Olympic Games! This is the most athletes and countries ever to compete in an Olympic Games competition. Can you name 195 countries?

Gymnastics will have 39 sessions over 17 days of the Olympic Games, including 4 days of ticketed podium training. Gymnastics is the only Olympic sport to sell tickets to a training session.

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July 23
Women's Team Optionals

July 24
Men's All-Around Finals

July 25
Women's All-Around Finals

July 28
Men's Event Finals (FX, PH, SR)
Women's Event Finals (V, UB)

July 29
Men's Event Finals (V, PB, HB)
Women's Event Finals (BB, FX)

July 30
Gymnastics Exhibition

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August 2
Individual preliminaries and group finals

August 3
Individual Semifinals

August 4
Individual Finals

For information call the Atlanta Committee for the Olympic Games at 404-224-1996.

New Book on Shannon Miller!

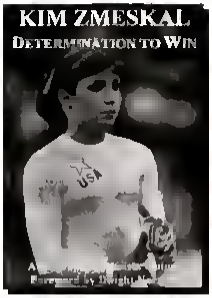
Finally an in-depth, behind the scenes look at the life of Shannon Miller!

A must for gymnastics fans, this lively, candid biography features touching personal stories shared for the first time by Shannon, her family and coach Steve Nunno who wrote the foreword. The book also features numerous striking photographs.

New 1996 Gymnastics Calendar!

What better way to celebrate the Olympic year than with this stunning 1996 women's gymnastics calendar? This 12" x 9" full-color calendar is loaded with photos of your favorite current gymnasts—Dominique Shannon, Svetlana, Kim, Amanda, and more. Makes the perfect gift. Order now, supplies are limited!

This biography about the *first* American ever to win the World Championships includes many action *photographs* and hundreds of *quotes* by Kim and Bela Karolyi.



According to David Zmeskal, Kim's father, the book's "overall theme—determination, persistence, dedication to hard work, never giving up—*is* Kim."

Shannon Miller: America's Most Decorated Gymnast is $11.95 + $2.00 shipping. **Going for the Gold** is $8.95 + $2.00 shipping. **Kim Zmeskal: Determination to Win** is $9.95 + $2.00 shipping.
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ASK MARY LOU

DEAR MARY LOU: Do you have any tips on how to reach the higher levels of gymnastics quickly? I want to be in the Olympics sometime. I also would like to say what an inspiration you've been to me as a great gymnast.
Stephanie Wood
Campbellsburg, Kentucky

DEAR STEPHANIE: *Thank you. The answer to your question is HARD WORK. Success doesn't happen over night and there are no short cuts to becoming an Olympian. It takes years and years of dedication, practice and sacrifice.*

DEAR MARY LOU, I saw the picture of you and your new baby Shayla in the last issue. She's so cute. How is it being a mom?
Cindy McMann
Miami, Florida

DEAR CINDY: *Being a mom is the greatest! Even better than winning an Olympic gold medal. My husband Shannon and I would love to have at least two or three more children in the future.*

DEAR MARY LOU: I'm 12 years old and a Level 8 gymnast. In order for me to move up to Level 9 I need to get a back handspring layout stepout on beam. How did you get yours?
Krysti Pitterman
Allentown, New Jersey

DEAR KRYSTI: *Always warm-up your back handspring layout on the floor, making sure your hips and body are straight. Then, take it to the low beam. When you feel comfortable there, go to the high beam and stack mats under it. Slowly remove the mats one at a time. Soon you'll have one four inch mat under the high beam and you got it.*

DEAR MARY LOU: I'm a Level 10 gymnast and 13 years old. On June 1 I was diagnosed with cancer. I won't be back in the gym for at least six months. I was wondering if an injury or something ever stopped you from doing gymnastics for a long period of time and what should I do with all my free time?
Erin Durning
Turnersville, New Jersey

DEAR ERIN: *I have had injuries that kept me out of the gym a month or so. My advice is to listen to your doctors and rest. Put your energy into your school work and before you know it six months will have flown by. Stay tough!*

DEAR MARY LOU: Congrats on your new baby. I am curious about something. I remember after the Olympics you had segments on ABC with exercise workouts. Do you have a tape out with those workouts? If you do where would I get one?
A fan

DEAR FAN: *Wow, you remember that? The show was called "Fun Fit" and it aired on ABC about nine years ago. Unfortunately, it is no longer available on tape.*

DEAR MARY LOU: I'm nine years old. I do gymnastics too. I go to Gymnastics Plus. I'm a Level 5 gymnast. I just went to sectionals but I didn't make it to state. How many hours did you go to gym per week? I go 10 hours per week.
Amy Neville
Duxbury, Massachusetts

DEAR AMY: *When I was at your level I was training about the same hours that you're doing. That's enough for now. But, as you progress and move up to a higher level, your hours should also increase.*

DEAR MARY LOU: I'm a 15 year old Level 9 and train at a gym whose best gymnast is a Level 9. I'm really dedicated to the sport, but I don't know if the coaches at my present gym can provide me with the instruction that I need to become a Level 10 or elite. There is a really good gym up north that I feel can help me grow in the sport of gymnastics. The big problem that I'm having is deciding whether I should stay at the gym where I have good friends and am really close to one of many coaches, or go to a top-ranked gym that is nearby. What do you think I should do?
Confused
San Diego, California

DEAR CONFUSED: *You have a tough decision to make. First you need to really think about what your goals are. Which is more important to you, having fun with your good friends and coach, or becoming the best gymnast you can be? Once you determine that, then have a serious talk with your parents about how you feel. Don't rush your decision. Good luck.*

DEAR MARY LOU: I'm 12 years old and in Level 6. Your new baby is adorable. Do you still workout either in the gym or in a health club?
Melanie Foote
Wallingford, Connecticut

DEAR MELANIE: *Yes, I workout with weights and do 30-45 minutes of cardiovascular five to six times a week. It makes me feel great and I love it.*

Send your questions to: USA Gymnastics, Ask Mary Lou, Pan American Plaza, 201 S. Capitol Avenue, Suite 300, Indianapolis, IN 46225.

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DEAR KIM: I am 12 years old and a Level 7. I'm going to move up to Level 8 but I'm scared to death to do a giant. I have already peeled twice. How do you do a giant and not peel? Do you really answer these questions?

Kelly Noonan
Lake Zurich, Illinois

DEAR KELLY: *I started feeling more confident on bars when I started wearing duvel grips. If you don't use grips, I suggest that you try them. Working on large top swings and baby giants (giants in which you finish in a support position within than a handstand) will improve your giant swing. Conditioning your arms will make you stronger; therefore giving you a better grip on the bar. Yes, I do personally answer these questions. It's a great opportunity for me to stay in touch with and hopefully help other people involved in gymnastics.*

DEAR KIM: I am 12 years old and a Level 5 gymnast. I just moved out of the state, and I have to switch gymnastics clubs. I am really nervous about how the people are going to treat me there. What should I do to make friends?

Kristie Paliotta
Tulsa, Oklahoma

DEAR KRISTIE: *I transferred to a private school when I was 12 years old and I had to make new friends too. Just be yourself, and don't be too worried about not knowing people at first. Before you know it, you'll have plenty of new friends.*

DEAR KIM: I am a Level 5 gymnast. I would like to know how you get rid of shaking on the beam. I don't shake when I practice, just when I compete. How do I overcome this?

Lisa Hulstein
Rock Valley, Iowa

DEAR LISA: *As you compete your beam routine, think about and try to duplicate your solid beam sets from practice. If you are well prepared, you should have confidence in the skills you are performing. I find it helpful to have mock meets in the gym. This added pressure in workouts can make you more comfortable in the meets. Also, with more competitive experience, your problem should lessen.*

DEAR KIM: My name is Rebecca Lausch and I am 8 years old. Gymnastics has been my favorite sport since I was 3 years old. I am on a training team at Columbus Gymnastics Academy in Ohio. I am going to move up to Level 5 when I get my kip. How long did it take you to get your kip? What is the secret to getting your kip? How long have you been in the sport?

Rebecca Lausch
Westerville, Ohio

DEAR REBECCA: *Knowing how to do a kip is very important. I can remember being frustrated with the time it took for me to learn a kip when I was about your age. Remember to do a long stretched glide, and to slide your legs up the bar beginning at your toes and ending at your hips. Push your shoulders forward as you reach the support position. Have your coach spot you until you feel the action on your own. Good luck. To answer your next question, I have been in gymnastics for 13 years, since I was 6 years old.*

DEAR KIM: I am a big fan of yours. I know I have to practice a lot to get like you. Does it take a lot of courage to do a back tuck on the beam? I'm in Level 6 and on the team.

Brittany Olinschenk
White Bear Lake, Minnesota

DEAR BRITTANY: *Practice is necessary to succeed at anything you do. When I was almost 8 years old I took my back tuck up to the high beam. I was very nervous until I made myself go for the skill. Of course there was a big mat under the beam and I did them on the low beam first. Like with any new skill, work your back tuck on the floor and low beam. When you and your coach feel that you're ready to try the skill on the high beam, I'm sure that you'll have the courage to do it.*

DEAR KIM: I'm 10 years old and I've been taking gymnastics for seven months. What is your favorite event? Mine is the bars, but I get better scores on the beam. I'd also like to know what kinds of foods you eat the day of your competition? Hope to see you on the 1996 Olympic Team. Good luck!

Lara Marie Lowery
White Bird, Idaho

DEAR LARA: *My favorite event is floor exercise. I love to dance and the tumbling has always come easily for me. Also, this event allows my personality to show more. Before competition, I like to eat a small portion of grilled chicken and steamed vegetables. This puts food in my system but lets me feel good and light during the competition.*

DEAR KIM: I am 11 years old and I am a Level 7. I weigh 88 pounds and I am 4'9" tall. Am I too tall and do I weigh too much for my age?

Taisa Malmovskaya
Brooklyn, New York

DEAR TAISA: *There are advantages and disadvantages for gymnasts of all sizes. Focus on the positive aspects of your height. For example, taller lean girls tend to have nicer lines in their gymnastics. The most important thing is that you enjoy the sport.*

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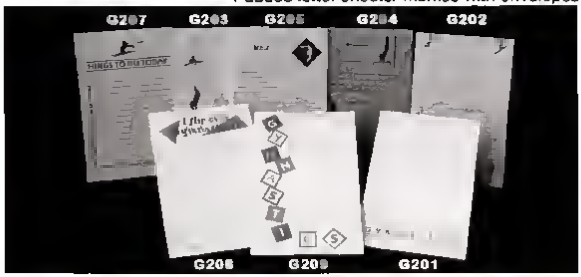

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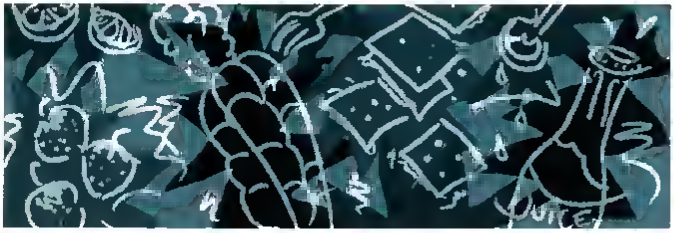

Dan Benardot, PhD, RD, LD

National Team Nutritionist, USA Gymnastics
Director, Laboratory for Elite Athlete Performance, Georgia State University

Calorie counting, skipping meals, and eating "no fat" foods are commonplace eating behaviors that confirm the misconception people have about food. All of these behaviors are signs of restrictive eating patterns that suggest less is better. In fact, there's a good deal of information confirming that restrictive eating contributes to the very problem people are trying to avoid: increasing body fat. It hardly matters what species of animal you observe because you'll come to the same conclusion. Animals that eat infrequently or have restricted eating tend to store more fat as an emergency (survival) mechanism. Therefore, it's time to put away the calorie counting books and the skipped meal philosophy and start thinking logically about how to eat to properly fuel hard working muscles without encouraging excessive fat storage.

In studying elite gymnasts, we have observed that those with the most restricted eating patterns tend to also be those with the highest body fat levels. In many cases, this observation holds true even when total caloric (energy) intake matches caloric requirement (as with people who don't each much during the day, but eat a large meal in the evening). In simple terms, if a gymnast doesn't supply enough energy to help the muscles work at the time the muscles need the energy, then muscles will be "burned" to supply the needed energy. Burning muscle at a time when gymnasts are trying to improve muscular conditioning is counterproductive and may also lead to additional problems, including:

- Less muscle reduces a person's ability to eat properly because they have a lower ability to burn energy. (A 4 cylinder engine burns less fuel than an 8 cylinder engine.) Less muscle also reduces power.
- Lowering muscle size often leads to a reduction in the rate at which energy is burned when doing the same activity. This further reduces a person's ability to eat properly without increasing body fat.
- Leads to a further reduction in food intake to combat the increased fat production that was stimulated by restrained eating. (This downward eating cycle can also be an initiator of disordered eating behaviors.)

The best way to eat to avoid muscle loss, reduce fat storage, and improve training capacity is to make certain enough fuel is available for the body to work. For most gymnasts this means eating the fuel that muscles need the most so the fuel tank never runs dry. Since the most needed fuel is "carbohydrate" and the fuel tank for carbohydrate is small, consuming large amounts at one time is undesirable because any amount that exceeds a gymnast's ability to store it as carbohydrate will be stored as fat.

On the other hand, eating too little will cause a gymnast to run out of fuel and will lower energy metabolism and increase muscle breakdown. The solution is to eat small meals frequently. Eating some high-carbohydrate, low-fat, moderate-protein foods about every 2.5 to 3.0 hours throughout the day is the solution. Since the fuel tank for carbohydrates is small, no meal should exceed 300 calories if you're small or 400 calories if you're tall.

In some instances, all you'll need to eat is a carbohydrate snack to make certain your fuel tank doesn't reach zero. This means that you'll need a snack during the mid-morning (between breakfast and lunch) when you go to school, and you'll also need a snack about 2.5-3.0 hours into your gymnastics training. Eating something during training shouldn't be a major interruption in the training schedule (usually a 5 to 10 minute break with some crackers and juice is enough), but it makes a big difference in a gymnast's ability to train.

To keep foods high in carbohydrates and low in fat, try following these rules most of the time.

- No fried foods
- No processed meats
- No visible fats (cream cheese, butter, margarine, etc.)

Everything else is on the table, especially if it's consumed as small meals provided frequently throughout the day.

When you go on a trip with your car, the tank has fuel in it or you wouldn't go anywhere. When a gymnast trains, his/her energy tank should also have some fuel in it. Letting it get to zero is a formula for constant problems.

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By Luan Peszek

Most everyone is back to school by now, so we've created a gymnastics pop quiz just for fun. Try to answer the questions and see how much you know about the sport of GYMNASTICS!

1 During gymnastics practice you should:

a. Eat candy bars and potato chips to keep up your strength

b. Drink lots of water so you don't get dehydrated

c. Not eat or drink anything because you'll get bloated and won't be able to perform your routines

ANSWER: b) You should always drink lots of water during workout so you won't get dehydrated

2 Amy Chow spins really fast on her triple twist dismount on floor. What helps her spin:

a. She closes her eyes and hopes for the best

b. She keeps a tight body and pulls her arms close to her body

c. She's like a cat and always lands on her feet

ANSWER: b) Amy spins really fast because she stays nice and tight, pulls her arms close to her body and looks in the direction that she wants. She's also had a lot of practice

3 Little Susie hurt her ankle during practice one day and it began to swell. She should:

a. Put ice on it right away to reduce the swelling

b. Put a heat pack on it right away to reduce the swelling

c. Keep working out because it will be fine in the morning

ANSWER: a) If you sprain your ankle you should put ice on it immediately to help reduce the swelling

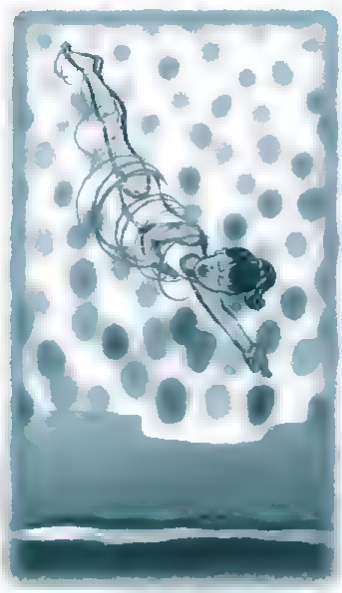
4 In the world of gymnastics the USA women's team is currently ranked:

a. First

b. Fifth

c. Second

ANSWER: c) The USA women are currently ranked second in the world behind Romania. This is their ranking from the 1994 Team World Championships in Dortmund, Germany. The teams will be re-ranked at the 1995 World Championships in Sabae, Japan



5 What year did rhythmic gymnastics first compete in the Olympic Games?

a. 1976

b. 1988

c. 1984

ANSWER: a) Rhythmic gymnastics first participated in the 1984 Olympic Games in Los Angeles, California

6 How many people can safely perform at one time on a trampoline?

a. 1

b. 2-3

c. 3 or more

ANSWER: a) Only one person should jump on the trampoline at a time and there should be spotters standing at all four sides of the trampoline

7 John Roethlisberger is the first USA male gymnast in history to:

a. Hold an iron cross on rings for five minutes

b. Win four USA Gymnastics and three NCAA Championships All-Around titles

c. Make three World Championships teams

ANSWER: b) John is the first USA male gymnast in history to win four USA Gymnastics and three NCAA Championships All Around titles

8 What USA gymnast has won the most World and Olympic medals?

a. Mary Lou Retton

b. Shannon Miller

c. Kurt Thomas

ANSWER: b) Shannon Miller is the most decorated USA gymnast in history winning a total of 13 World and Olympic medals

9 At what age should kids begin gymnastics?

a. There is no "correct" age to begin gymnastics

b. Age 2

c. Age 5

ANSWER: a) There is no correct age that kids should begin gymnastics. Some kids start gymnastics at age 2 ½ while others wait until they get a little older.

When you're trying to learn a glide kip on bars you should:

a. Concentrate on conditioning drills to strengthen your upper body and stomach

b. Buy a pair of hand grips because they help to tighten your grip on the bar

c. Give up if you don't get it after the first few tries because you'll never get it

ANSWER: a) Concentrate on conditioning drills to strengthen your upper body and stomach

Who was the first American gymnast to win a World Championships All-Around title?

a. Kurt Thomas

b. Kim Zmeskal

c. Shannon Miller

ANSWER: b) Kim Zmeskal was the first American gymnast to win a World Championships all-around title and she did so at the 1991 World Championships in Indianapolis. And Shannon Miller is the first American gymnast to win a World Championships all-around title (1993 and 1994)

If you want to judge at a gymnastics competition you need to:

a. Buy a blue suit and call the meet director

b. Call your state judging director and take a test

c. Have competitive gymnastics experience

ANSWER: b) Just because you have a blue suit doesn't mean you're qualified to judge a gymnastics competition. You must call your state judging director and take a test to become a level-nine judge

The 1996 Olympic Games will be the first Olympic Games to include:

a. Men's and women's combined team competition

b. Rhythmic Group competition

c. Women's high bar competition

ANSWER: b) The 1996 Olympic Games will be the first to include Rhythmic Group competition. Five athletes work together as one cohesive unit, similar to synchronized swimming.

Which of the following foods have the highest percentage of carbohydrates?

a. Bagel

b. Apple

c. 1 cup pasta

ANSWER: b) An apple has the highest percentage of carbohydrates, with 16% followed by 1 cup of pasta with 8% and a bagel with 7%.

Who won the 1995 McDonald's American Cup?

a. Shannon Miller and John Roethlisberger

b. Kristy Powell and John Roethlisberger

c. Dominique Dawes and Scott Keswick

ANSWER: b) Kristy Powell and John Roethlisberger

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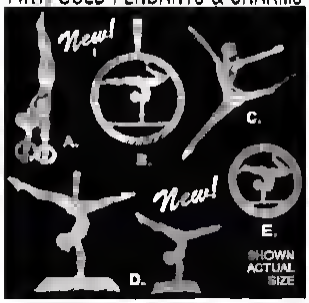

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1995 JR. OLYMPIC NATIONAL TEAM TRAINING CAMP

The 1995 Women's Jr Olympic National Team (the top 28 Level 10's in the USA) and their personal coaches were invited by USA Gymnastics to participate in a training camp at the U S Olympic Training Center in Colorado Springs in July. Jr. Olympic National Program Committee Chairman Tom Koll was the camp director, assisted by Connie Maloney, National Women's J O Program Manager. As the gymnasts will attest, Tom always brings a bit of humor to the camp along with a great aerobic workout! The expert staff members were positive, motivating and full of ideas for both the athletes and the coaches.

The following individuals helped to make this years' camp one of the best ever: Vault–Kip Reed, Bars–Arthur Akopyan, Beam–Armine Barutyan, Floor–Linda Johnson, Beam & Floor–Tammy Biggs and Tumbling–John Spirt.

In addition to the three days of training, the athletes also attended informative sessions on nutrition and "what the judges look for," while their coaches met with USOTC Sports Psychologist Sean McCann and attended two coaching technique sessions with the staff. As usual, the Olympic Training Center provided an inspirational setting for these aspiring athletes to learn, meet new friends and have fun.

1995 JUNIOR NATIONAL TEAM PROGRAM DEVELOPMENTAL CAMP

By Dusty Ritter

The Imperial Palace Hotel in Las Vegas, Nev., once again hosted USA Gymnastics' 1995 Junior National Team Program Developmental Camp. The resort hotel provided all the rooms and buffet style meals for the 35 athletes and staff during the eight day camp.

Athletes trained two sessions a day at Las Vegas Flyers Gymnastics Center and meetings were held with the athletes each night. When the athletes were not training they visited Virtual World, Wet n' Wild, a swimming pool, Red Rock National Recreation Area, the Imperial Hotel's world famous Antique and Classic Car Collection and a complimentary show at "Legends in Concert."

It was a great camp and a special thanks go to Fletcher Jones Car Dealerships for providing the use of five new Mini-Vans and Imperial Palace's owner Rapi Englestad for his generosity!

GEARING UP FOR THE WORLD CHAMPIONSHIPS

The 1995 World Championships in Sabae, Japan, is critical. The USA team must finish in the top 12 to compete at the 1996 Olympic Games in Atlanta.

A group of USA men including Richard Grace, Bill Roth, Josh Stein, Jay Thornton, Chainey Umphrey and Brian Yee had the opportunity to travel to Sabae, June 21-30, to train on the Senah equipment and visit the venue for the World Championships. The trip was made possible due to a grant from the USOC.

Coaches that made the trip include Sadao Hamada, Art Shurlock, Fred Turoff, staff Mas Watanabe and Ron Galimore, and trainer Debbie Van Horn.

"It was a wonderful training experience and the Japanese Organizing Committee for the 1995 World Championships is working overtime to ensure the event is well received," said Galimore.

Hopefully these extra preparations will aid the USA men's success at the 1995 World Championships.

READ MORE GYM UPDATES ON PAGE 18!

EVENT SCHEDULE

(Dates & Events Subject to Change or Cancellation)

OCTOBER

1-10	Artistic World Championships (M/W) (Team, All Around, Individual Event Finals)	Sabae City, JPN
13-16	OOP National Evaluation (M)	Colorado Springs, CO
4-7	Olympic Congress of the USA	Atlanta GA, USA
14-15	J O Group Championships (R)	San Francisco, CA
19-22	National TOP Testing (W)	Rochester NY
28-29	Trofeo Trinacria G&Ga (W)	Catania, ITA
26-30	USA Gymfest General Gymnastics	Carmel, IN

NOVEMBER

2-9	USA/Canada Jr Dual Competition/Training (M)	Montreal, CAN
4-5	KAT Pilot Workshop(Preschool)	Indianapolis IN
8-12	Visitations (M)	Colorado Springs, CO
10	USAG Executive Committee Meeting	Indianapolis, IN
11-12	USAG Board of Directors Meeting	Indianapolis, IN
16-17	Atlanta Gymnastics Invitational (M/W)	Atlanta, GA
20-28	National Group Training Camp (R)	Colorado Springs, CO
26-30	Senior National Training Camp (M)	Colorado Springs, CO

DECEMBER

1-10	Jr National Training Camp (M)	Colorado Springs, CO
7-9	Coaches Workshop (M)	Colorado Springs, CO
7-10	National TOP Training Camp (W)	Tulsa, OK
15-19	Chunichi Cup (M)	Nayka, JPN
27-Jan 3	National Group Training Camp (R)	Colorado Springs, CO
TBA	OTI Pokal (M/W)	Stuttgart, GER
TBA	J O Training Camp (M)	Colorado Springs, CO

JANUARY 1996

*20-21	Regional Qualifying Meets (M)	Various Sites
20-21	Elite Regionals (W)	Various Sites
27	Reese's International Gymnastics Cup (M/W)	Portland, OR

FEBRUARY

9-11	American Classic Nationals (W)	Tulsa, OK
17-19	USAG Rhythmic Challenge (R)	Colorado Springs, CO
2-3	USAG Winter Cup Challenge (M)	Colorado Springs,CO

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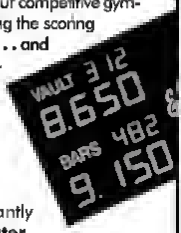

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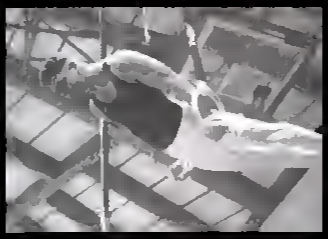
IN MEMORY

TERRY GORMAN

Terry Gorman drowned on May 13, 1995. He trained at GymMasters in Houston, Texas, with coach Kevin Mazeika. He was an outstanding gymnast and individual. He qualified to Junior Olympic Nationals in 1989, '90,



'91 and '93. He was a member of the Region 3 Regional Team as a Class 2 in 1989 and was also an integral part of the 1993 JBGCA National Championships Team. Gorman was going to junior college and training for the Elite Regionals in hopes of qualifing for the National Championships. He was an excellent role model and had a great work ethic. He will be greatly missed.

TIM COLLINS

A former University of New Mexico gymnast, Tim Collins, 24, died July 23, 1995, while skydiving.

A veteran skydiver, Collins was knocked unconscious while attempting a back flip as he left the airplane. The accident occurred when the plane was flying at 10,400 feet.

Mike Bode, owner of the Coronado Skydiving Center said Collins had made about 70 previous jumps.

Collins judged gymnastics at the state level in New Mexico and coached at Duke City Gymnastics. He will be greatly missed.

READ MORE GYM UPDATES ON PAGE 20!

GYMNASTICS UPDATE

DEVELOPMENTAL TEAM CAMP

JULY 31 TO AUGUST 7, 1995

By Dennie McIntryn

The 1995 10 - 11 Olympic Development Program Developmental Team Camp was held at the U.S. Olympic Training Center in Colorado Springs, Colo. July 31 to August 7. The 25 athletes who participated in this year's camp were chosen by virtue of their finish in the 1994 Olympic Development Program Regional Evaluation for Level 3's. The 25 boys make up the U.S. Junior Developmental Team.

The gymnasts were aided by camp clinicians Joe Stanoh and Arnold Kvetenadze along with personal coaches Tom Aun, Joe Bowers, Mike Giles, Rich Gustaphen, Paul Odze, Rich Pulsfori and Donny Wood.

The camp focused on physical preparation and basic skills refinement for the athletes. The developing athletes were also counseled on developing good workout habits and goal setting. In addition they were given some excellent nutritional information by USOC Sports Medicine Nutritionist Judy Nelson, who also did an individual nutritional analysis for each of the athletes. The overall goal was to give the boys some excellent information and reinforcement concerning proper gymnastics development.

All the participants both athletes and coaches, attacked the camp with a lot of hard work, discipline and attention to detail. It was very exciting to watch all these young developing gymnasts learn so much while working together as a team. With all the enthusiasm and talent displayed at this team camp, the future is bright indeed.

Shannon Miller signed autographs for children during her visit to the Egleston Children's Hospital at Emory University in Atlanta.

Cartwheels HOLIDAY PREVIEW

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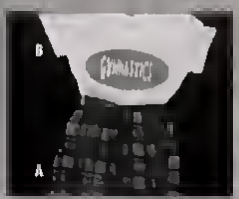

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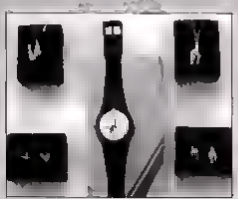
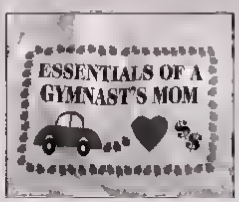
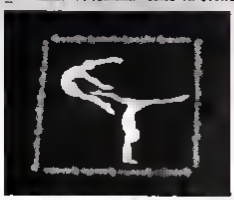


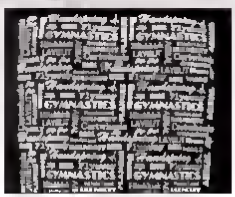
U105A Black *Cartwheels* watch $26.95 U105B Tiny gold plated surgical steel earrings/pendant. Choose Hearts or Stars Earrings $9.95 Pendant $8.95 Set $16.95



U106 White *Mom* tee with red/black design AM-XL $15.95 (not shown) White sweatshirt AL XL $22.95



U107 Black *2 Figure* tee with gold design AS-XL $16.95



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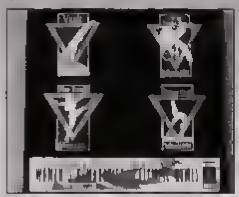

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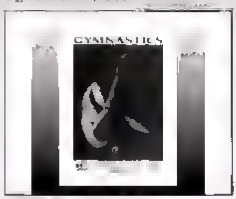

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DAVID ST. PIERRE STARS IN CONGO

Left: David St. Pierre

Former USA national team member David St Pierre's dream came true He starred as the Principal Gray Gorilla "Popeye" in Congo, the 1995 Paramount Pictures summer smash box office release.

St Pierre was selected from over 1,000 gymnasts, dancers, and stunt performers who auditioned His disciplined lifestyle as an international competitive athlete impressed the director and producer and after four months of auditions, St. Pierre was offered a 32 week contract

St Pierre trained six months with the 10 "gray" performers and Gorilla Choreographer Peter Elliott before the cameras rolled Training included rigorous upper-body strengthening and the comprehensive study of gorilla movement and behavior David is the most prominently featured of the grays-nicknamed "Popeye"-cursed with an oozing malformed eye Along with his 35 pound suit he also wore a 22mm contact on his good eye

St Pierre said, "The 10 months on Congo afforded me a wonderful opportunity to work with the most creative minds in Hollywood while gaining increased strength and size I am in the best condition of my life and will devote myself to making the Olympic Team."

St Pierre is on his way He made the USA Team '96 at the 1995 Coca-Cola National Championships and won the gold medal on vault

Right: Pierre stars as "Popeye" in Congo.

1995 USA GYMNASTICS JUNIOR OLYMPIC PROGRAM ACADEMIC ALL AMERICAN

FIRST TEAM
3.85 AND ABOVE

Michael Adam
Matt Akers
Zachary Barber
Conen Becker
Jovan Blitz
Tyler Brown
Matthew Bosco
Brett Charles
Edward Jason Coel
Chad Connor
Mike Corwin
Schon Daniel
Steven G Deves
Robert Davis
Jeff Dean
Nathan Drewry
Ryan Drouet
David Durante
Daniel Finnegan
Andrew Fisher
Adam Frlor
Gregory B Gipson
Brian Gork
Ryan M. Gould
Stephen James Howes IV
Jeremy Heit
Ryan Hillyer
Michael Hinman
Robert Beckham Howard
Scott Hrusek
Yusuf Johnson
Ethan S. Johnson
Adrian Johnston
David C Johnston III
Jason D Krouse
David Lane
Josh Levin
Andrew L Merkle
Jeff A Maxwell
Russell J McDonald
Herman Michael McGarry
Jason C. Miller
Jason Miller
Jacob C. Moran
Robert Craig Nesbitt
Bryan Paseen
Pierre Peck-Wahlen
Seth Pevnick
Nick A Plaskon
Marcus Powell
Robert Galen Rempan
Edward Rollins Jr
Matthew Ruthiell
Robert Sawyer
Jeremiah Shafer
Vincent P Smith
Troy A. Smith
Jason A. Smith
Brian Steffen
Todd Michael Strada
Brian Sweet
Yosuke Tomita
Reeves Valentine
Brandon Wall
Robert M. Wallace
Gavin White
Eric Wills
W. Heath Winkler
Steve Budin
David Buggles
Benjamin Scott Stern
Troy Takeguchi
Mark Tolus
Thomas Vick
Gary Weintraub

SECOND TEAM
3.7 TO 3.84

Jamey A. Bowling
Mike Canales
Kevin Chow
Amir Erez
Scott Finkelstein
Ryan Jeremy Hamilton
Benjamin H Hayward
Geoffrey Howell
Matt Kenkel
Matthew Kieffer
Jason Krob
Adam Margolin
Jeff Milby
Woodrow Miller
Jovan Newman
Anthony Petrocelli

HONORABLE MENTION
3.5 TO 3.69

Andrew Brose
Mark Dellelle
Daniel Diaz-Loong
Thomas Fleuchaus
Chris Horst
Thomas T Kutz
David Lyon
Jonathon Marquart
Bryan Neale
Ben Remlby
Brandon O Neil
Jason Pallard
Kevin G Rankston
Justin Sisle
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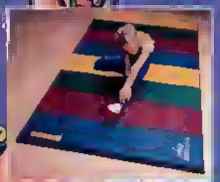

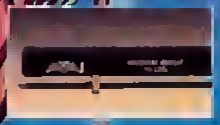

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1995 World Gymnaestrada

Berlin, Germany

All the work is over, the long preparation is over, the magnitude of this event is so phenomenal. You just realize how big it is until you experience it.

Cheryl Johnson
Coach–McKeon

Amazing! Unbelieveable!

Wade Garrett
Age 24–SOKOL

Jennifer Gallahue Lee
Educational Development Coordinator

The 10th World Gymnaestrada held in Berlin, Germany, July 9-15, was a fantastic cultural experience for the United States delegation. This was the first time for USA Gymnastics to send a delegation to this general gymnastics event. The delegation was represented by six gymnastics clubs from California, Indiana, Massachusetts, Texas, West Virginia and Wisconsin.

The festivities began with the Opening Ceremony in the historical Berlin Olympia

I loved the energy from all the people together for this event.

Whitney Goldstein
Age 11–McKeon

Stadium, where the 300 U.S. delegates participated in the official entry of the nations. The rest of the week was primarily devoted to rehearsals, group performances and attending National Evening Performances of various countries. The U.S. was selected to participate in the English Speaking National Evening along with Great Britain and Canada. Also, they were chosen to participate in the prestigious FIG Gala with 1,200 participants from five continents and 12 countries. The week was officially concluded at the Closing Ceremony celebrated by various large group performances and a special performance from the Swedish delegation inviting everyone to participate in the 1999 World Gymnaestrada in Gätenborg, Sweden.

It was fun and I learned a lot!

Brianne Craven
Age 10–Fallbrook

More than 20,000 participants from 35 countries participated in the event, representing Australia, Austria, Egypt, Belgium, Brazil, China, Germany, Denmark, Estonia, Finland, France, Greece, United Kingdom, Ireland, Iceland, Israel, Italy, Japan, Canada, Latvia, Lithuania, Luxembourg, Namibia, Netherlands, New Zealand, Norway, Portugal, Russia, Sweden, Switzerland, Slovakia, Slovenia, Spain, South Africa, Czechia and the United States.

It was a once-in-a-lifetime experience to participate with so many people from all over the world.

Kristen Keith
Age 13–Fallbrook

It's great to see all these people of all ages from all over the world come together—all one goal in mind—to have fun and enjoy the sport of general gymnastics.

Lil Lazarotsky
Head Coach–SOKOL

It was a lot of effort!

Sarah Wheeler
Age 8–McKeon

If you are interested in receiving more information on general gymnastics, please write to: *USA Gymnastics, Attn: Jennifer Gallahue Lee, Pan American Plaza, 201 S. Capitol Ave., Suite 300, Indianapolis, IN 46225.*

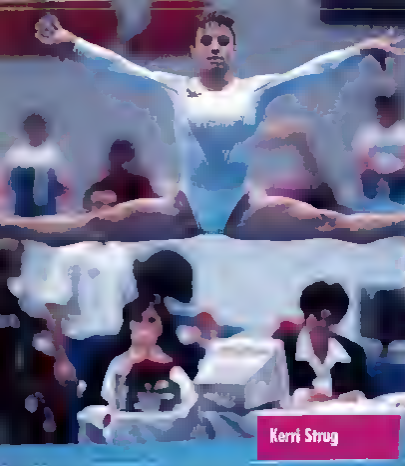
The top was great.

Alisa Wray
Age 10–Fallbrook

PHOTOGRAPHS: MURRAY PHOTOS & GRAPHICS © BARBARA MURRAY 1995

The chaos of rehearsals developed into a beautiful show featuring performers from all corners of the world. It was amazing!
Paula Hilliker
Choreographer–USA Gymnastics
10th World-Gymnaestrada Berlin 1995
This certainly is going down in the "books" as one of those life experiences.
Barbara Murray Taylor
Group Leader–Maverick
I would definitely do this ogain!
Jackie Wheeler
Age 12–McKeon
This wos o moving experience—I've never seen anything like this. This is the greatest thing for world peace, because everyone goes away with o joyous feeling about meeting people from all over the world.
Dennis David
Parent–Fallbrook

U.S. OLYMPIC FESTIVAL–'95



Kerri Strug

by Ramonna Robinson

Jessica Davis swept the 1995 U.S. Olympic Festival in Colorado Springs, Colo., winning the all-around competition and four individual event finals, as well as earning the right to compete at the 1995 World Championships in Vienna, Austria, Sept. 19-24.

"I performed out of myself; I didn't hold back at all," exclaimed Davis. "I try to tell myself what I want to accomplish; that's how I motivate myself. The crowd was great, as it always is at the Festival."

Junior National Team Members Natalie Lacuesta and Lauri Illy took the silver and bronze all-around medals, respectively; however, the top two senior finishers earned World Championships berths.

Tina Tharp, who finished fourth all-around, will join Davis in competition at the '95 World Championships. On competing at Worlds, Tharp commented, "I'm going to train harder. I may change one or two things, but nothing serious. I may change a little bit on the clubs and a little on the rope."

Rob Kieffer

Artistic gymnastics competition at the U.S. Olympic Festival took place in Boulder, Colo. Richard Groce and Rob Kieffer tied for first place in the men's all-around competition and Kerri Strug took first place in the women's competition.

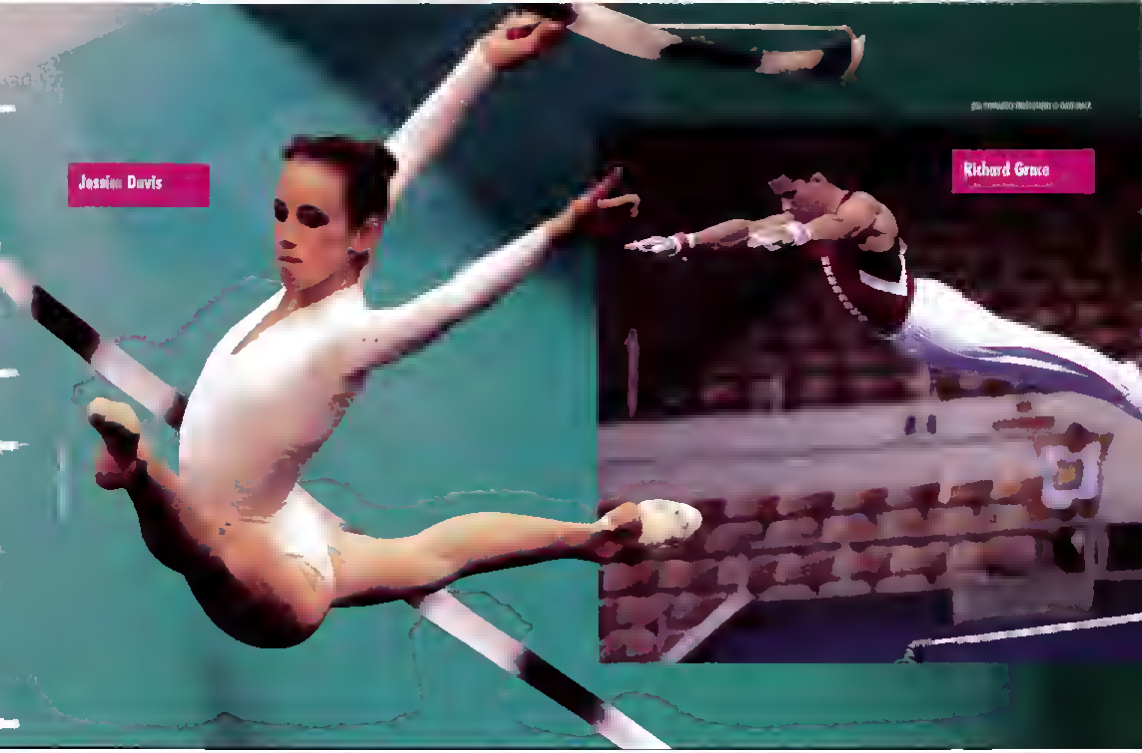
Kieffer, a three-time Festival veteran, commented, "My coach (Ed Burch) said to me, 'You've been in this three times, and you haven't won a medal.' I just went out and decided this was the year."

Groce said, "I had some low points. Obviously, the floor exercise was one of those, but for this point in time, I'm pretty happy."

Strug, competing for the first time under the guidance of her new coaches, Tom and Lori Forster of the Colorado Aerials, suffered an unfortunate ankle injury during practice for Festival. On competing in the all-around, she explained, "Basically, during the competition, I wasn't thinking about (the injury) much because of adrenaline."

Brian Yee took the men's bronze all-around medal, while Heather Brink earned the silver medal in the women's all-around and Vanessa Atler finished third.

LOOK FOR RESULTS ON PAGE 37!



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-1996 U.S. OLYMPIC TEAM TRIALS-

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1995 COCA-COLA NATIONAL CHAMPIONSHIPS

MOCEANU AND ROETHLISBERGER MAKE HISTORY

By Luan Peszek

Thirteen-year-old Dominique Moceanu won the National Championships title, becoming the youngest gymnast on record to accomplish this feat.

"I was not nervous," said Moceanu after the optional competition. "I was ready for tonight and I was happy to be here. It was fun."

Moceanu is from Houston, Texas, and trains with Bela and Martha Karolyi.

Karolyi said during the press conference after compulsories, "I wouldn't mind if Dominique had a strong showing in optionals and finished second. It would protect her a little from the pressures of being number one." Moceanu was asked her feelings on this statement and she said, without hesitation, "I want to win!" This says it all. Moceanu is a fighter, loves the sport, and has the drive to win!

Moceanu also showed that champions sometimes make mistakes. During event finals she peeled on her bar dismount and fell on her beam series. However, she took third on vault, using vaults from two different families and placed second on floor.

Two-time World Champion Shannon Miller finished just .2 behind Moceanu in the all-around competition. If she had not fallen on her beam series (flip flop, layout, layout, layout), she would have won her second National Championships title.

"I made a mistake," said Miller. "I will go back to the gym and train harder to do the best I can."

Miller trains at Dynamo Gymnastics in Oklahoma City, Okla., and is coached by Steve Nunno and Peggy Liddick.

Fifteen-year-old Jaycie Phelps broke into the top three for the first time by placing third in the all-around. Phelps trains at Cincinnati Gymnastics and is coached by Mary Lee Tracy.

Hill's Angels Dominique Dawes, coached by Kelli Hill, was unable to defend her all-around title.

Dawes had a stress fracture in her wrist and was unable to train consistently prior to the event. She finished fourth all-around but won individual honors on bars and floor.

It was great to see so many veterans competing well at the

USA GYMNASTICS PHOTOGRAPHY © MIKE BLACK

event. Kerri Strug from Colorado Aerials finished fifth all-around, but was disappointed with her beam performance. Strug is coached by Tom and Lori Forster.

John Roethlisberger won his fourth National Championships title. The first gymnast to accomplish this feat since Makoto Sakamoto won his fourth title in 1968.

"It feels great to win," said Roethlisberger. "I work very hard, and hitting your sets is by far the most important thing. If you don't hit, you're not going to win."

Roethlisberger, from the University of Minnesota, also won two event finals——parallel bars and high bar. He is coached by his father, Fred.

Mihai Ragu from Gold Cup Gymnastics took second in the all-around, his career best at a national event. Ragu, who is generally in the top of the ranks at national competitions, is coached by Ed Burch.

Ohio State's Blaine Wilson has made a steady climb to the top. He finished 40th in 1993, ninth in 1994 and now third. "I'm very pleased with my finish," said Wilson.

Welcome back Jair Lynch! Lynch, a 1992 Olympian, finished fourth all-around, his best national finish since the 1993 World University Games trials where he also took fourth.

Paul O'Neill, a rings specialist, and Mark Sohn, a pommel horse specialist, won their respective events at the competition. Both athletes are looking forward to the 1996 Individual Event World Championships in Puerto Rico.

Notable men missing from the competition include defending national champion Scott Keswick, who had back surgery and hopes to be back in the gym by December. Also, Bill Roth injured his bicep muscle and hopes to compete in the Motorola World Team Trials in September. Steve McCain and Chris Waller both competed in a few events but pulled out due to injuries.

Notable women missing from the competition include Amanda Borden. Borden finished fifth in the all-around after compulsories but withdrew from the competition due to a toe injury. Larissa Fontaine, Kristy Powell and Jennie Thompson were also absent due to injuries.

LOOK FOR RESULTS ON PAGE 36!

THE 1995 COCA-COLA NATIONAL GYMNASTICS CHAMPIONSHIPS

DID YOU KNOW

The 1995 Coca-Cola National Championships took place in New Orleans, La., August 16-19, at the Superdome

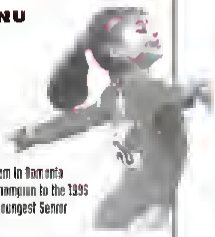
The average age of the top 7 women at the National Championships is 15.5. The oldest is 18 and the youngest is 13.

Peter Kormann was named the 1995 World Championships Team coach and the 1996 Olympic Team coach by the Men's Program Committee

Three women and three men at the National Championships also competed in the 1992 Olympic Games——Dominique Dawes, Shannon Miller and Kerri Strug for the women, and Jair Lynch, John Roethlisberger and Chris Waller for the men!

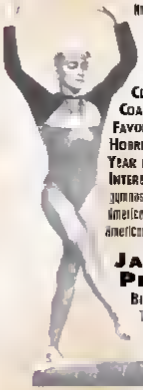
1995-96 WOMEN'S SENIOR NATIONAL TEAM

Dominique Moceanu



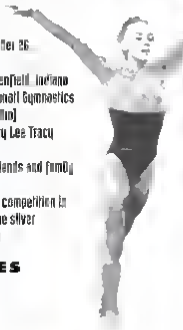
Birth Date: September 30, 1981
Hometown: Hollywood, California
Club: Karolyi's Gymnastics (Houston, Texas)
Coach: Bela & Martha Karolyi
Favorite Event: Bars & Floor
Hobbies: Swimming, reading, listening to music
Year in School: 9th Grade
Interesting Fact: Dominique's family is from Romania and her father was on the Junior National Team in Romania. Dominique went from being the 1994 Junior National Champion to the 1995 Senior National Champion. The youngest Senior National Champion on record.

Shannon Miller



Birth Date: March 10, 1977
Hometown: Edmond, Oklahoma
Club: Dynamo Gymnastics (Oklahoma City, Oklahoma)
Coach: Steve Nunno & Peggy Liddick
Favorite Event: Bars & Beam
Hobbies: Swimming, shopping, playing with dog
Year in School: Freshman at Oklahoma University
Interesting Fact: Shannon is the most decorated American gymnast, winning more World and Olympic medals than any other American gymnast, male or female, in history. She's also the first American gymnast to win two World Championships all-around titles.

Jaycie Phelps



Birth Date: September 26, 1979
Hometown: Greenfield, Indiana
Club: Cincinnati Gymnastics (Cincinnati, Ohio)
Coach: Mary Lee Tracy
Favorite Event: Beam & Bars
Hobbies: Swimming, shopping, going with friends and family
Year in School: 11th grade
Interesting Fact: At her first international competition in Dortmund, Germany, Phelps was a member of the silver medal-winning 1994 World Championships Team.

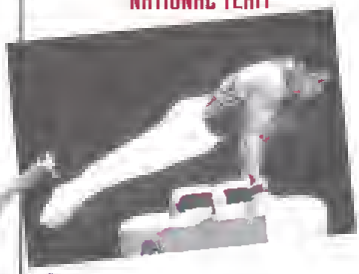
Dominique Dawes

Birth Date: November 20, 1976
Hometown: Silver Spring, Maryland
Club: Hill's Angels (Gaithersburg, Maryland)
Coach: Kelli Hill
Favorite Event: All
Hobbies: Reading books, dancing, acting
Year in School: Freshman at the University of Maryland
Interesting Fact: Dominique swept the 1994 Coca-Cola National Championships, winning the gold medal in the all-around and all four event finals. She

(continued page 29, left column)

THE 1995 COCA-COLA NATIONAL GYMNASTICS CHAMPIONSHIPS

1995-96 MEN'S SENIOR NATIONAL TEAM



John Roetnlisberger

Birth Date: John Roethlisberger
Hometown: born 21, 1978
School/Club: University of Minnesota (Minneapolis, Minnesota)
Coach: Fred Roethlisberger
Favorite Event: Floor
Hobbies: Swimming, golfing
Year in School: Graduate with degree in International Business
Interesting Fact: John is a four-time U.S. National Champion and three-time NCAA National Champion. He is coached by his father Fred who was a 1968 Olympian. John's sister Marie was a member of the 1984 Olympic team. John was a member of the 1992 Olympic Team.

Mihai Bagiu

Birth Date: April 16, 1971
Hometown: Albuquerque, New Mexico
School/Club: Colt Cup (Albuquerque, New Mexico)
Coach: Ed Burch & Ken Bennett

(continued page 29, right column)

USA GYMNASTICS PHOTOGRAPHY © DAVE BLACK

1995-96 WOMEN'S SENIOR NATIONAL TEAM

was the first gymnast to accomplish this feat in 25 years. She finished fourth and fifth respectively in the 1993 and 1994 World Championships.

Kerri Strug

Birth Date: November 19, 1977

Hometown: Tucson, Arizona
Club: Colorado Rhythmic Gymnastics Academy (Colorado Springs, Colo.)
Coach: Tom & Larr Forsher
Favorite Event: Floor & Bars
Hobbies: Reading, shopping, spending time with family
Year in School: Freshman (Fall of '95)
Interesting Fact: Kerri was the youngest member of the 1992 Olympic Team which won the bronze medal. She is also been a member of four World Championships teams including the silver medal-winning team from the 1994 World Championships.

Mary Beth Arnold

Birth Date: July 11, 1981
Hometown: Sparks, Nevada
Club: Flips Gymnastics (Sparks, Nevada)
Coach: Neil & Patty Jo Resnick & Nancy Hooch
Favorite Event: Bars & Beam
Hobbies: Swimming, reading, writing poetry
Year in School: 8th grade
Interesting Fact: Mary Beth was a member of the gold medal-winning team at the 1995 Pan American Games. She also won the 1994 Tournoi International competition in Belgium.

Doni Thompson

Birth Date: February 17, 1981
Hometown: Colorado Springs, Colorado
Club: Colorado Gerkids (Colorado Springs, Colorado)

Coach: Tom & Carl Forsher
Favorite Event: Floor & Bars
Hobbies: Swimming, biking
Year in School: 8th grade
Interesting Fact: Doni tied for first on Beam at the 1995 Coca-Cola National Championships. She also won the 1994 U.S. Olympic Festival. Doni was a member of the gold medal-winning team at the 1995 Pan American Games.

Amy Chow

Birth Date: May 15, 1979
Hometown: San Jose, California
Club: West Valley Gymnastics (Campbell, California)
Coach: Mark Young & Diane Amos
Favorite Event: All
Hobbies: Playing piano, reading books
Year in School: 12th grade
Interesting Fact: Amy was a member of the silver medal-winning 1994 World Championships Team. She also took first on vault and third all-around at the 1995 Pan American Games. Amy is an accomplished pianist and received an advanced level certificate of merit in 1994.

Katie Teft

Birth Date: February 2, 1981
Hometown: Grand Rapids, Michigan
Club: Grand Lakes Gymnastics (Lansing, Michigan)
Coach: John & Kathryn Geddert & Kim Herbuck/Reinsch
Favorite Event: Bars
Hobbies: Shopping, fishing, playing video games
Year in School: 8th grade
Interesting Fact: Katie was a member of the gold medal-winning team at the 1995 Pan American Games. She placed third among several World Championships competitors at the 1994 Joaquim Blume Memorial in Barcelona, Spain.

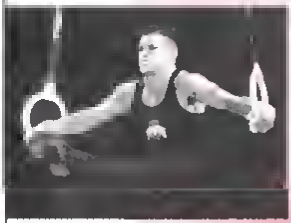
(continued page 30, left column)

1995-96 MEN'S SENIOR NATIONAL TEAM

Favorite Event: Pommel Horse
Hobbies: Spending time with family, (un-)wheeling
Interesting Fact: Nihat and his wife Iris had their first child, Gabriela, in the spring of '95. Nihat was a member of the USA team at both the World Championships competitions in 1994. He began gymnastics at age 5 while living in Romania.

Blaine Wilson

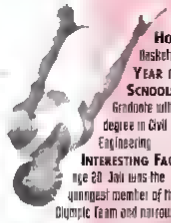
Birth Date: August 3, 1974
Hometown: Columbus, Ohio
School/Club: Ohio State University (Columbus, Ohio)



Coach: Peter Hartmann & Miles Avery
Favorite Event: Rings
Hobbies: Soccer, hiking, golfing
Year in School: Junior
Interesting Fact: Blaine moved from 40th all-around at the 1993 National Championships to third in 1995. He was also a member of the 1994 Goodwill Games team and contributed to the U.S. Team's bronze medal.

Jair Lynch

Birth Date: October 2, 1973
Hometown: Washington, D.C.
School/Club: Stanford University (Palo Alto, California)
Coach: Sadao Hamada
Favorite Event: Pommel Horse & Parallel Bars



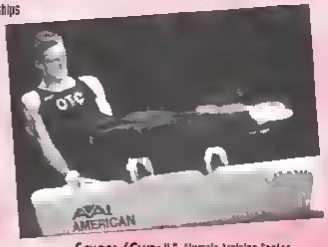
Hobbies: Basketball
Year in School: Graduate with degree in Civil Engineering
Interesting Fact: At age 20, Jair was the youngest member of the 1992 Olympic Team and narrowly missed winning the bronze medal on parallel bars. He works for Silicon Graphics in California.

Kip Simons (Alive)

Birth Date: September 11, 1972
Hometown: Bloomsburg, Pennsylvania
School/Club: Ohio State University (Columbus, Ohio)
Coach: Peter Hartmann & Miles Avery
Favorite Event: Rings
Hobbies: Chili, tennis, camping
Year in School: Senior
Interesting Fact: Kip earned a spot on his first World Championships team in 1994. He was also a member of the gold medal-winning Pan American Games team in 1995. He is named after Kip Keino from Africa who earned a gold medal in athletics at the 1972 Olympics.

John Macready

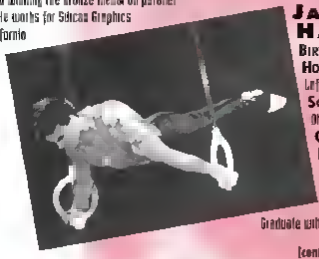
Birth Date: April 23, 1976
Hometown: Los Angeles, California



School/Club: U.S. Olympic Training Center (Colorado Springs, Colorado)
Coach: Ron Brant & Vitaly Marinich
Favorite Event: Pommel horse
Hobbies: Skiing
Year in School: Freshman
Interesting Fact: John would like to break into the entertainment industry, perhaps as a television broadcaster. He comes by this naturally as his mother is an actress and his father is a producer/director. John was a member of the gold medal-winning team at the 1995 Visa Challenge.

Jarrod Hanks

Birth Date: July 28, 1969
Hometown: Lafayette, Louisiana
School/Club: University of Oklahoma (Norman, Oklahoma)
Coach: Mark Williams
Favorite Event: Pommel horse
Hobbies: Golfing
Year in School: Graduate with degree in Russian Language



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1995-96 WOMEN'E SENIOR NATIONAL TEAM

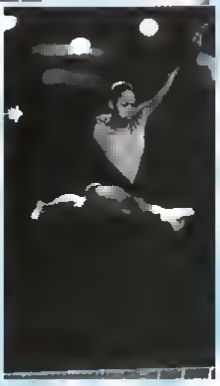
Heather Brink

Birth Date: May 14 1979
Hometown: Lincoln Nebraska
Club: Cyprus Gymnastics (Oklahoma City, Oklahoma)
Coach: Steve Nunno Peggy Liddick & Rich Hausmann
Favorite Event: Vault
Hobbies: Making arts & crafts, shopping
Year in School: 12th grade
Interesting Fact: Heather won the silver medal on vault at the 1995 Coca-Cola National Championships She also made the Senior National Team for the first time

USA GYMNASTICS PHOTOGRAPHY © DAVE BLACK

Monica Flammer

Birth Date: April 22 1980
Hometown: Houston, Texas
Club: Cypress Gymnastics (Houston Texas)
Coach: Debbie Holtschuck Deana Parish
Favorite Event: Bars & Beam
Hobbies: Fishing water skiing swimming
Year in School: 10th grade
Interesting Fact: Monica tied for first on beam at the 1995 Coca-Cola National Championships. She also won the bronze medal on bars at the 1995 Puerto Rico Cup



Andreé Pickens

Birth Date: June 17 1980
Hometown: Houston Texas
Club: Cypress Gymnastics (Houston Texas)
Coach: Debbie Holtschuck, Deana Parish

Favorite Event: Vault & Bars
Hobbies: Reading
Year in School: 11th grade
Interesting Fact: Andreé took first in the all-around bars and floor at the 1994 Jr Pan American Cup her first international competition.

Raegan Tomasek

Birth Date: September 21 1980
Hometown: Mystic Beach Bay York
Club: Hill's Angels (Gaithersburg Maryland)
Coach: Kelli Hill
Favorite Event: Floor
Hobbies: Reading going to the beach traveling
Year in School: 10th grade
Interesting Fact: Raegan made the Senior National Team for the first time at the 1995 Coca-Cola National Championships by placing 13th all-around.

Theresa Kulikowski

Birth Date: January 23, 1980
Hometown: Colorado Springs Colo.
Club: Colorado Rockets (Colorado Springs Colorado)
Coach: Tom & Lori Forster
Favorite Event: Bars
Hobbies: Swimming playing games praying
Year in School: 10th grade
Interesting Fact: Theresa made the Senior National Team for the first time at the 1995 Coca-Cola National Championships by placing 14th in the all-around

(continued page 31, left column)

1995-96 MEN'E SENIOR NATIONAL TEAM

Interesting Fact: Jarrod is a 7 year veteran on the men's senior national team. He is also a two-time World Championships team member. He was married to Brandy Copeland in February of 1994

Josh Stein

Birth Date: September 5 1972
Hometown: Bonshon, Texas
School/Club: Stanford University (Palo Alto California)
Coach: Sadao Hamada

Favorite Event: Pommel horse
Hobbies: Snow skiing scuba diving bungee jumping
Year in School: Senior
Interesting Fact: Josh won his first international competition in 1994 as he took the gold medal in the all-around at the Pacific Alliance Championships. Josh is a pre-med student and would like to become an orthopedic surgeon

Mark Bootn

Birth Date: July 23 1972

Hometown: Bend Nevada
School/Club: Stanford University (Palo Alto, California)
Coach: Sadao Hamada
Favorite Event: Floor & Pommel horse
Hobbies: Reading, watching movies
Year in School: Senior
Interesting Fact: This is Mark's first year on the Senior National Team. He is a pre-dental student and would like to pursue a degree in pediatric dentistry. He won the 1990 Junior Pan American Games

Brian Yee

Birth Date: August 10 1973
Hometown: Houston Texas
School/Club: University of Minnesota (Minneapolis Minnesota)
Coach: Fred Roethlisberger
Favorite Event: Pommel horse
Hobbies: Fishing & playing guitar
Year in School: Senior
Interesting Fact: Brian took seventh all-around with his partner Mina Kim at the 1995 International Mixed Pairs. He has a younger sister who is also involved in gymnastics. Brian is majoring in psychology and speech communications

Mike Moran

Birth Date: June 27 1976
Hometown: Windsor Connecticut
School/Club: Tim Daggett's Gold Medal Gymnastics (Agawam Massachusetts)
Coach: Tim Daggett
Favorite Event: High bar
Hobbies: Reading & listening to music
Year in School: High school graduate
Interesting Fact: Mike made the USA Men's Senior National

Team for the first time at the 1995 Coca-Cola National Championships. He took first all-around at the 1995 First Summer Olympic Festival in Brazil.

Chainey Umphrey

Birth Date: August 2 1970
Hometown: Albuquerque New Mexico
School/Club: UCLA (Los Angeles California)
Coach: Art Shurlock & Yefim Furmen
Favorite Event: Parallel Bars
Hobbies: Remote control cars other sports
Year in School: Graduate with degree in physiological science/pre-med
Interesting Fact: Chainey works with an orthopedic surgeon and plans to attend medical school after the 1996 Olympics. Chainey is a two-time World Championships team member and won an event at the 1994 Goodwill Games for the "most impressive performance" on high bar

(continued page 31, right column)

1995-96 WOMEN'S SENIOR NATIONAL TEAM

Mohini Bhardwaj

Birth Date: September 29 1978
Hometown: Cincinnati Ohio
Club: Brown's Gymnastics (Altemonte Springs Florida)
Coach: Bill Brown & Nang Gnat
Favorite Event: Bars
Hobbies: Going to the beach reading
Year in School: 12th grade
Interesting Fact: Mohini is an Indian term for "Illusion" Mohini's mother in from Russia and her father was born in India Mohini moved from her home in Cincinnati to Altemonte Springs Fla., in 1993 to train at Brown's Gymnastics

Alecia Ingram

Birth Date: July 15 1981
Hometown: Knoxville Tennessee
Club: Sooner Gymnastics (Oklahoma City Oklahoma)
Coach: Steve Nunno & Peggy Liddick
Favorite Event: Bars
Hobbies: Swimming playing tennis shopping
Year in School: 8th grade
Interesting Fact: Alecia moved from her home in Knoxville to Oklahoma City in 1994 to train at Sooner Gymnastics She made the Senior National Team for the first time at the 1995 Coca-Cola National Championships

Deidra Graham

Birth Date: March 19 1980
Hometown: Salt Lake City Utah
Club: Olympus Gymnastics (Salt Lake City, Utah)
Coach: Mary Wright & Meredith Bing
Favorite Event: Bars
Year in School: 10th grade

Interesting Fact: Deidra made the Senior National Team for the first time at the 1995 Coca-Cola National Championships

Soni Meduna

Birth Date: June 19 1979
Hometown: Calca Bolivia
Club: Sooner Gymnastics (Oklahoma City Oklahoma)
Coach: Steve Nunno & Peggy Liddick
Favorite Event: Bars
Year in School: 10th grade
Interesting Fact: Soni moved from Bolivia to Oklahoma at age 12 to train at Sooner She was a member of the 1994 Goodwill Games Team.

Elizabeth Reid

Birth Date: June 9 1978
Hometown: Dallas Va
Club: Arcans (Fairfax, Virginia)
Coach: Milan Stanovich Heidi Anderson
Favorite Event: All
Year in School: 12th grade
Interesting Fact: Elizabeth is in her second year on the Senior National Team. She finished seventh all-around at the 1995 U S Classic.

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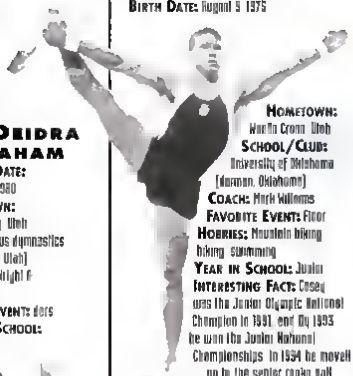
1995-96 MEN'S SENIOR NATIONAL TEAM



Casey Bryan

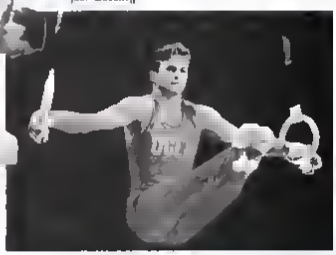
Birth Date: August 9 1975
Hometown: North Crown Utah
School/Club: University of Oklahoma (Norman, Oklahoma)
Coach: Mark Williams
Favorite Event: Floor
Hobbies: Mountain biking hiking swimming
Year in School: Junior
Interesting Fact: Casey was the Junior Olympic National Champion in 1991 and Oly 1993 he won the Junior National Championships In 1994 he moved up to the senior ranks and earned a spot on the 1994 World Championship team

Ror Kieffer

Birth Date: October 4 1972
Hometown: Longview Texas
School/Club: Gold Cup Gymnastics (Albuquerque, New Mexico)
Coach: Ed Burch
Favorite Event: Floor H Parallel Bars
Hobbies: Playing volleyball going to the mall/train
Year in School: Junior at the University of New Mexico
Interesting Fact: Ror has a twin brother Rick who is also a gymnast. Rob tied for first all-around at the 1995 U.S Olympic Festival. He took third all-around with his partner Mohini Bhardwaj at the 1995 International Mixed Pairs

Scott Keswick

Birth Date: March 9 1971
Hometown: Las Vegas Nevada
School/Club: UCLA (Los Angeles California)
Coach: Art Shurlock H Yefim Furman
Favorite Event: Rings
Hobbies: Skiing reading movies riding motorcycles
Year in School: graduate with a degree in math/applied science
Interesting Fact: Scott has finished 13th 9th and 13th at the 1991 1993 and 1994 World Championships respectively He was the top finishing U S gymnast in all three World Championships Scott was a 1992 Olympian and took 19th in the all-around He was married to Michelle Gunn in 1994

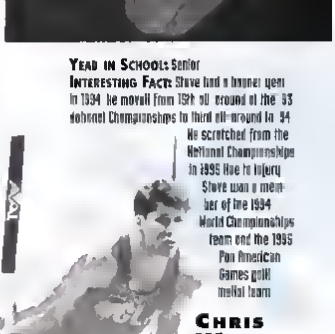


Bill Roth

Birth Date: August 21 1974
Hometown: Mahopac Lake New York
School/Club: Temple University (Philadelphia Pennsylvania)
Coach: Fred Turoff
Favorite Event: High Bar
Hobbies: Relaxing being other sports
Year in School: graduated with a degree in real estate
Interesting Fact: Bill won the first International title at the 1995 Visa Challenge He was also a member of the gold medal-winning Pan American Games team in 1995 He took third all-around at the 1995 McDonald's American Cup Bill is engaged to Christine Monk and they are to be married in the summer of 1997

Steve McCain

Birth Date: January 9 1974
Hometown: Houston Texas
School/Club: UCLA (Los Angeles California)
Coach: Art Shurlock H Yefim Furman
Favorite Event: High Bar
Hobbies: guitar riding motorcycles four-wheeling



Year in School: Senior
Interesting Fact: Steve had a banner year in 1994 he moved from 19th all-around at the '93 National Championships to third all-around in '94 He scratched from the National Championships in 1995 due to injury Steve was a member of the 1994 World Championships team and the 1995 Pan American Games gold medal team

Chris Wallrr

Birth Date: September 20 1968
Hometown: Mt Prospect Illinois
School/Club: UCLA (Los Angeles California)
Coach: Art Shurlock H Yefim Furman
Favorite Event: Pommel Horse H High Bar
Hobbies: Snow skiing motorcycling music
Year in School: graduate with a degree in history
Interesting Fact: Chris was an all-around finalist at the 1992 Olympic Games and took fifth

(continued page 32, right column)

USA GYMNASTICS PHOTOGRAPHY © MARK BLACK

1995-96 WOMEN'S SENIOR NATIONAL TEAM

Racnel Rocnelli

Birth Date: July 6 1979
Hometown: Houston Texas
Club: Cypress [Houston Texas]
Coach: Debbie Holtschuck Penny Parish
Favorite Event: Floor
Year in School: 12th grade
Interesting Fact: Rachel has an hour commute to the gym each day.

Amanda Borden

Birth Date: May 10 1977
Hometown: Cincinnati, Ohio
Club: Cincinnati Gymnastics Nicolemp [Cincinnati Ohio]
Coach: Mary Lee Tracy
Favorite Event: Floor & Bars
Hobbies: Hiking reading shopping playing on computer
Year in School: Freshman [Fall of 96]
Interesting Fact: Amanda was a member of the silver medal-winning team at the 1994 World Championships In addition she was a member of the 1993 and 1994 Individual World Championships Teams She also took second in the all-around at the 1995 Pan American Games

Larissa Fontaine

Birth Date: December 15 1977
Hometown: Deerfield Illinois
Club: Hill's Angels (Silver Spring MD)
Coach: Bulli Hill
Favorite Event: Bars
Hobbies: Reading shopping watching the Chicago Bulls
Year in School: Freshman [Fall of 96]
Interesting Fact: Larissa moved from Deerfield Illinois to Silver Spring Md. in 1995 to train with Hill's Angels. She was a member of the silver medal winning World Championships team in 1994 She took 17th all-around at the 1994 World Championships in Brisbane Australia

Kristy Powell

Birth Date: February 13 1980
Hometown: Mount Forest Illinois
Club: Colorado Gymnastics [Colorado Springs Colorado]
Coach: Tom & Lori Forster
Favorite Event: Floor
Hobbies: Swimming mountain biking, hiking
Year in School: 10th grade
Interesting Fact: Kristy who was a last minute replacement for an injured gymnast won the 1995 McDonald's American Cup She was also a member of the gold medal-winning Pan American Games team in 1995

Jennie Thompson

Birth Date: July 29 1981
Hometown: Wichita Falls Texas
Club: Cyclone Gymnastics [Oklahoma City Oklahoma]
Coach: Steve Penny & Peggy Liddick
Favorite Event: Bars
Hobbies: Swimming hiking
Year in School: 8th grade
Interesting Fact: At age 12 Jennie became the youngest Junior National Champion in history She was presented with a Waterford Crystal Vase from the city of St Petersburg in recognition of being the youngest competitor at the 1994 Goodwill Games

Note: Amanda, Larissa, Kristy and Jennie did not compete or finish the competition at the National Championships due to injuries They were petitioned onto the national team in an unranked position.

1995-96 WOMEN'S JUNIOR NATIONAL TEAM

Bottom Row (l to r): Coreen Murphy, Mabeda Gumbridge, Rebecca Whitehurst, Jeanette Antolin, Bette Dyson, Breanne Rutherford. Top Row (l to r): Jamie Dantzscher, Robin Phelps Kristee Stocky, Alexis Quan, Vanessa Atler, Mien Kim

TEAM 2000 MEN

Bottom Row (l to r): Jason Kruse, Danny Davis, Todd Strada, Tim Elsner, Freddie Umoli, Derek Leiter. Top Row (l to r): Guard Young, Dave Frank, Steve Marshall, Gewin Slothaven, Tyler Vogt, Josh Birkelbow. Mike Morgan not pictured

1995-96 MEN'S SENIOR NATIONAL TEAM

Paul O'Neill

Birth Date: May 11 1965
Hometown: Denver Colorado
School/Club: Dekalb Star (Mandan North Dakota)
Coach: Self coached/Ron Brant
Favorite Event: Rings
Year in School: Graduate with degree in physical education
Interesting Fact: Paul lives in Mandan North Dakota with his wife and three children He is a rings specialist and trains one hour per day three times a week He won the silver medal on rings at the 1994 World Championships becoming the first U.S. man to win a medal at the World Championships since 1979

Mark Sonn

Birth Date: June 7 1965
Hometown: Arlington Heights Illinois
School/Club: University of Illinois Chicago/Buffalo Grove Gymnastics
Coach: Dan Schler
Favorite Event: Pommel Horse
Year in School: Graduate with Degree in hospital administration
Interesting Fact: Mark is a pommel horse specialist. He represented the U.S. at both the 1992 and 1994 World Championships and finished 7th and 8th respectively. Mark is employed at Hoken-Sha Insurance Agency in Chicago Illinois

Note: Scott, Bill, Steve and Chris did not compete or finish the competition at the National Championships due to injuries. They were petitioned onto the national team to an unranked position

LOOK FOR USA GYMNASTICS CONGRESS COVERAGE IN THE NOVEMBER/DECEMBER ISSUE

USA GYMNASTICS PHOTOGRAPHY © DAVE BAUER

rising stars

1995 NATIONAL COLLEGIATE GYMNASTICS ASSOCIATION CHAMPIONSHIPS

MARCH 10-11, 1995 AT HAMLINE UNIVERSITY ST. PAUL, MINNESOTA

TEAM RESULTS

1	Univ. of Wisconsin-LaCrosse	142.400
2.	Winona State Univ.	142.325
3.	Ithaca College	141.825
4	Gustavus Adolphus College	141.300
5	Hamline Univ.	140.000
6	SUNY-Cortland	138.375
7	Mass. Institute of Technology	136.850
8	SUNY-Brockport	132.925

ALL-AROUND RESULTS

1	Sheila Rocchio	MIT	36.300
2	Kari Livingston	UW-LaCrosse	36.000
3	AnneMarie Green	Winona	35.875
4	Marlee Healy	UW-River Falls	35.750
5	Shaunna Pohl	Winona	35.550
6	Melissa Green	Winona	35.350
7	Dana Lehmen	Hamline	35.275
8	Lindsay Leigh Bortyard	Ithaca	35.250
8	Summer Ameter	Hamline	35.250
10	Kristy Kinzie	Hamline	35.125

VAULT

1	Laura Postare	UW-LaCrosse	10.925
2	Sheila Rocchio	MIT	10.500
3.	AnnMarie Green	Winona	10.425
3	Melissa Green	Winona	10.425

BARS

1	Melissa Green	Winona	10.300
2.	Marlee Healy	UW-River Falls	10.225
3	Amy Moritz	UW-LaCrosse	10.175

BEAM

1	Marlee Healy	UW-River Falls	10.325
2	Dana Lehmen	Hamline	10.125
3.	Christin Chilson	Gustavus	10.050

FLOOR

1	Heather Finch	Gustavus	10.900
2.	AnneMarie Green	Winona	10.800
3	Sheila Rocchio	MIT	10.700

LILAC CUP INVITATIONAL

MARCH 25, 1995 IN SPOKANE, WASHINGTON

LEVEL 8 FINALISTS ONE

1	Coco Poirier	Independents	35.300
2.	Corri Bilby	World Gym.	34.600
2	Roseanna Hardi	World Gym.	34.600

LEVEL 8 FINALISTS TWO

1	Debra Hankey	Wings Gym	36.900
2.	Erin Hyndman	World Gym.	34.350
3	Kim Stephens	Wings Gym	34.300

LEVEL 8 FINALISTS THREE

1	Katie Christensen	Lake City Gym	34.850
2	Brook Bishop	Spokane Elite	34.300
2	Lindsey Brands	Spokane Elite	34.300

JUNIOR FINALISTS FOUR

1	Kim Peracchi	Mid-Columbia	35.600
2.	Vanessa Cardoza	Spokane Elite	35.050
3	Heidi McCullough	Northwest Gym.	34.900

LEVEL 8 FINALISTS FIVE

1	Lindsey Brown	Mid-Columbia	35.600
1	Kaitlin Parsell	Lilac City Gym.	35.600
3	Alix Herr	Spokane Elite	35.500

1995 GEORGIA STATE CHAMPIONSHIPS FOR RHYTHMIC GYMNASTICS

FULLER'S RECREATION CENTER IN MARIETTA

10 SENIOR

1	Melanie Steele	AIRGC

9 SENIOR

1	Meaghan Muller	AIRGC
2.	Jennifer Below	AIRGC
3.	Allison Brooks	AIRGC
4.	Nicole Burgess	Chattooga

9 JUNIOR

1	Kasey Schoninghausen	AIRGC
2.	Jemma Davidovich	AIRGC

8 SENIOR

1	Amanda Rodgers	Chattooga

8 JUNIOR

1	Jenna Taylor	AIRGC

7 SENIOR

1	Ashley Farmer	Chattooga
2.	Jana Mills	Chattooga
3.	Sara Simmons	Chattooga
4.	Sandy Nesbit	Chattooga
5.	Jenny Schaiber	Chattooga

7 JUNIOR

1	Camille Brinton	AIRGC
2.	Heidi Brown	Chattooga
3.	Jennifer Mosley	AIRGC
4.	Amanda Hoover	Chattooga

6 JUNIOR

1	Melissa Hursey	Chattooga
2.	Melissa Larson	Chattooga
3.	Leslie Stubblefield	Chattooga
4	Christen Weimer	AIRGC
5.	Cristina Vega	AIRGC
6.	Eleanor Love	AIRGC

6 CHILD

1	Johnnie Horton	AIRGC
2.	Adair Schwartz	Chattooga
3.	Lindsey Mullin	Chattooga
4.	Kasi Ile	Chattooga
5.	Michelle Hinton	Chattooga
6.	Michelle Syan	AIRGC

GROUP

1	Chattooga 2 (Margaret Brinkard, Dawn Sweetingan, Anne Nan Holcomb, Courtney Sims)
2.	Chattooga 3 (Katie Scott, Jessie Giles, Laura Hutchmanker, Holly Smith)
3.	Chattooga 1 (Brittany Eybergen, Sarah Earl, Inger Cone, Holly Smith)
4	Chattooga 4 (Sarah Simmons, Jenny Schaiber, Kelly Kotlins, Paulette Harrison)

DUET

1	Chattooga 3 (Amanda Hoover, Jana Mills)
2.	Chattooga 2 (Nic + Brown, Ashley Farmer)
3.	Chattooga 4 (Jenny Schaiber, Sara Simmons)
4	Chattooga 1 (Melissa Larson, Paulette Harrison)

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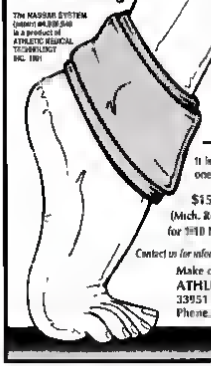

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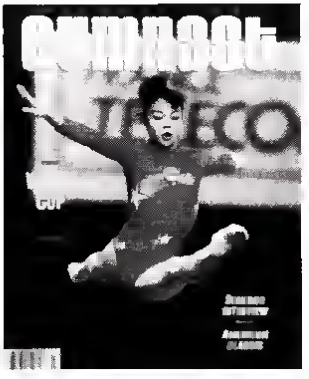

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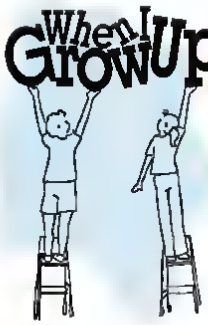


JUDGING

By Lucy Pesseck

Have you ever thought of getting into judging when you're done with competitive gymnastics? Well, the sport needs former gymnasts like you to stay involved and learn the art of judging. We talked to a brevet judge, Linda Mulvihill, to find out what judging is all about.

USA Gymnastics: What does brevet judge mean?

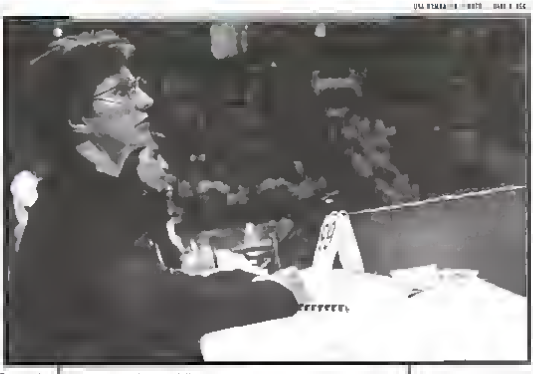
Linda Mulvihill: The word "brevet" means an honor bestowed. I definitely think it is an honor to be a brevet judge, as this is the highest rating a judge can receive. There are different categories among the ranks of brevet judges as well.

USA Gymnastics: When and how did you get into judging?

Linda Mulvihill: I became a judge in 1989. Jackie Fie, (President of the International Gymnastics Federation Women's Technical Committee), called me and asked me to get involved. I always wanted to be a coach, but never a judge, because the judges were always the "bad guys." But the more I thought about it and talked to other judges, the more interested I became. I decided to try it, and I'm glad I did.

USA Gymnastics: What do you like about judging?

Linda Mulvihill: I love the sport and watching the kids. I like being able to go to the competitions, and I enjoy the camaraderie with the other coaches and judges. I like watching the good performances, and seeing how great the kids are today. I also like to see the athletes smile after a good performance.



Judge—Linda Mulvihill

USA Gymnastics: What is the hardest thing about judging?

Linda Mulvihill: The hardest thing about judging is definitely dealing with the stress and pressure. If you're a competitor, you're competing for yourself. If you're judging and you make a mistake, it affects all the athletes in the event. You would feel really bad if you made an error. Also, as a judge you can't get up and stretch or move around. Coaches pace, gymnasts flip around and stretch, but judges just have to sit there.

USA Gymnastics: Do you have any advice for future judges?

Linda Mulvihill: If gymnasts are going to stay in the sport, judging is a good way to do so. Stay as current as possible watching other competitors. Techniques and styles vary, so you must be able to appreciate what other clubs and countries are doing.

If you're interested in judging, contact your state judging director about judging training clinics and testing. You must be 16 years old. Normally you'll start out judging Level 5 unless you were a senior elite or Level 10 gymnast and then you can start at an optional level. If you have more questions about judging, contact Connie Maloney at USA Gymnastics, 317-237-5050.

Linda Methany Mulvihill was on the 1964, 1968, and 1972 Olympic Teams. She has coached gymnastics for many years and has judged since 1989. Linda always wanted to do gymnastics when she was young, but her parents wouldn't let her. She finally talked her grandmother into paying for tumbling lessons once a week when she was 10 or 11 years old. She lived way out in the country, and there were no gymnastics facilities nearby. She got herself into a carpool with three other girls and drove to Champaign, Ill. (about an hour drive) once a week. She trained with coach Charlie Pond. The gym had trampolines and beams and she gradually started working into gymnastics. She competed in 1962 for the first time and made the Olympic Team two years later.

Later in her gymnastics career she was coached by Dick Mulvihill, whom she later married. The couple, who has three children, opened a gym, National Academy of Artistic Gymnastics, in Eageae, Ore. in 1973, and have coached there ever since. Over the years they have produced some fine Olympic and World Championships gymnasts.

When asked what her largest obstacle in gymnastics was, she said, "My parents didn't support me. I had to work at the YMCA on Saturdays to pay for my lessons. I couldn't complain about being tired or sore, because my parents didn't want me to do gymnastics anyway. My father didn't come to watch me compete until after I made my second Olympic Team," said Mulvihill.

Linda helped create the Junior Olympic Program compulsory floor routine for 1976-1980 and 1988-1996. She has contributed an enormous amount of time and energy the sport.

U.S. CLASSIC NATIONALS/WORLD UNIVERSITY GAMES TRIALS

BIRMINGNAM, ALA.—JULY 21-23

By Judy Dobronsky

The U.S. Classic Nationals event was held July 21-23 in Birmingham, Ala., at Hoover High School. Mountain Brook Gymnastics and Rick Garcia did an outstanding job hosting the event.

The event included compulsory and optional competition for the senior international athletes and optionals only for the junior national and international athletes and senior national athletes. In addition, the competition served as a qualification for the World University Games to be held August 24-September 8 in Fukuoka, Japan.

Jaycie Phelps

SENIOR INTERNATIONAL RESULTS

Compulsories weighted 60% and Optionals 40% of the total score. Some athletes elected to compete compulsories only as a warmup for the Coca-Cola National Championships.

1	Jaycie Phelps	Cincinnati	77.685
2.	Dominique Dawes	Hill's Angels	77.360
3	Andrea Pirkons	Cypress	74.650
4.	Mary Beth Arnold	Flyn	74.020
5	Jessica Rioland	Dynamo	73.410
6	Krissi Lichey	Cincinnati	73.010
7	Elizabeth Reed	Karens	72.450
8	Shannon Bowles	Atlantic GTC	72.285
9	Rachel Bachelli	Cypress	72.230
10	Keegan Tomasiak	Hills	72.170
11	Heidi Hermenau	Peachtree	72.150
12.	Tom Taylor	SCATS	71.510
13	Amy Marakami	NEGX	71.440
14	Marissa Medal	Armor Twist	71.150
15	Jillinea Penman	Desert Devils	71.050
16	Sandra Graham	Olympus	71.030
17	Amy Yeung	SCATS	70.140
18	Jamie Martin	Armor Twist	69.810
19	Lenia Ayoelch	Broadway	69.730
20	Christy Ann Flint	Bowers Metro	66.610
21	Amy Chow	West Valley	60.190*
22	Marlina Plummer	Cypress	58.510*
23	Ashley Kaver	Capitol	48.510*
24.	Shannon Miller	Dynamo	46.890
25	Amanda Borden	Cincinnati	46.290*
26	Kerri Strug	Colo. Aerials	45.930*
27	Amy Shelton	Amer-Gym	45.530*
28	Theresa Kulikowski	Colo. Aerials	44.940*
29	Kristy Powell	Colo. Aerials	43.260*
30	Alexa Ingram	Dynamo	43.170*
31	Soni Medina	Dynamo	43.070*
32.	Heather Brink	Dynamo	42.960*
33	Kristen Maloney	Porkettes	41.910*
34	Jennie Thompson	Dynamo	38.810*
35	Kere Fry	Porkettes	31.890*
36	Dom Thompson	Colo. Aerials	11.260*

*Did not complete compulsory and optional competition

JUNIOR INTERNATIONAL RESULTS

OPTIONAL COMPETITION

1	Bobi Phelps	Cincinnati	37.400
2	Jeanette Antolin	SCATS	37.300
3	Corean Murphy	Desert Devils	37.250
4	Katie Dyson	Cypress	37.250
5	Kelly Parkinson	Cypress	37.200
6	Jennifer Carow	Soles	36.950
7	Katie Taylor	Kentwood	36.900
8.	Rebecca Whitehurst	Cypress	36.775
9	Joann Kim	Dynamo	36.700
10.	Kristin Jensen	Porkettes	36.525
11	Breanne Rutherford	NEGX	36.300
12.	Becky Meldrum	Porkettes	36.275
13.	Lesa Deelen	Karens	36.250
14	Anne Gingerich	Capitol	36.200
15	Jana McIntosh	Great Lakes	36.175
16.	Alexa Martinez	Capitol	36.075
17	Nicole Rossi-vanni	CATS	36.050
18.	Lindsay Baker	West Valley	35.750
19	Lindsay Wing	Gym World	35.450
20	Ashley Lewis	Capitol City	35.250
21	Nicole Kalpatnick	North Stars	35.025
22	Audra Steinbrock	Krafft	35.025
23	Katie McFarland	Gymstrada	34.975
24	Amy Bohn	Ho.Hi Acad.	34.900
25	Emily Chell	Gymcarolina	34.725
26	Kendell Buck	Capitol	34.625
27	Tobye Vexler	CATS	34.625
28	Lauren Hayden	Desert Devils	34.150
29	Leah Mueller	Hot Corner	34.075
30.	Mary Herbert	Amer Gym.	33.950
31	Heidemi-Kina	Gliders	33.875
32.	Catie Christensen	Buckeye	27.450

SENIOR NATIONAL RESULTS

OPTIONAL COMPETITION

1	Deborah Mink	SCATS	37.100
1	Maryann Esposito	Hills	37.100
3.	Lea Carver	Sunrays	37.075
4.	Misty Hauk	Sunrays	36.125
5.	Kelly Motz	Desert Devils	36.025
6.	Michelle Hess	Buckeye	35.900
7	Jennifer White	Krafft Acad	35.875
8.	Britnee Bowden	Olympus	35.525
9	Vanessa Ambuehrer	New England	35.350
10	Kathleen Shivens	Hermiteans	35.300
11	Lenni Ohlendorf	Capitol	35.075
12	Tonya Kook	Belmont Park	34.950
13	John Neunhart	Puget Sound	34.750
14	Tiffani Wh te	NASA	34.675
15	Katie Hennecker	Ill.Gym. Inst.	34.475
15	Gene Gruss	Ill. Gym Inst	34.475
17	Amy Ringo	Desert Devils	34.250
18	Autumn Jeffries	Krafft Acad	33.425
19	Gerrit Ellsenquist	Gym World	17.400

JUNIOR NATIONAL RESULTS

OPTIONAL COMPETITION

1	Rachel Glassmire	Porkettes	36.725
2.	Lindsay Lines	Studfires	36.225
3.	Nicole Lyons	Cincinnati	36.050
4.	Annabeth Eberle	Gym Nevada	35.700
5.	Carri Nagle	Porkettes	35.575
6.	Whitney Cashwell	Ocean Tumb.	35.525
7	Nicole Ramona	Porkettes	35.475
8.	Caroline Flahrag	Cascade	34.325
9	Kristin Uremsky	Gymstrada	34.175
10	Tessi Harris	Ocean Tumb	30.600
33	Cassie Cosgrove	Gym Carolina	33.325

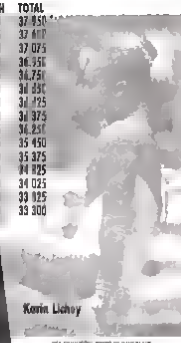
1995 WORLD UNIVERSITY GAMES TRIALS

The top six athletes make up the World University Games Team. The sixth place athlete is the traveling alternate.

	NAME	CLUB	VAULT	BARS	BEAM	FLOOR	TOTAL
1	Krissi Lichey	Cincinnati	9.450	9.725	9.325	9.250	37.850
2	Amy Marakami	NEGX	9.500	9.600	9.025	9.475	37.600
3.	Kristen Gause	Florida	9.350	9.325	9.400	9.000	37.075
4	Heidi Hershaik	Ariz. Sun.	9.700	9.475	8.175	9.600	36.950
5	Misty Motz	Desert Dev	9.250	9.425	9.100	8.975	36.750
6	Julie Bafford	Georgia	9.700	8.875	8.725	9.350	36.650
7	Kellie Fitzpatrick	Queen City	8.750	9.375	7.250	9.250	34.625
8.	Christi Newton	NC State	9.350	9.175	8.600	9.050	36.175
9	Jenni Reinhard	Brown's	9.500	9.575	8.500	8.475	36.050
10	Amy Meyerson	Florida	8.800	8.650	9.425	8.875	35.450
11	Heather Brown	Auburn	9.300	9.425	8.450	8.800	35.375
12.	Koreema Merrow	UCLA	9.425	9.150	7.950	8.100	34.625
13	Kristy Savino	LSU	9.375	9.550	8.000	8.100	34.025
14	JuNe Wagner	Boise	9.300	9.375	8.300	7.050	33.925
15	Carla Hairston	West Va.	8.525	9.325	8.200	7.250	33.300

Andrea Pirkons

Dominique Dawes



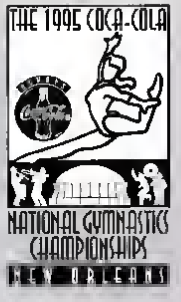
Krissi Lichey

Maryann Esposito

Kelsie Phelps

Deborah Mink

Rachel Glassmire



WOMEN'S SENIOR NATIONAL TEAM

#	NAME	VT	UB	BB	FX	AA	
1	Dominique Moceanu	9.850	9.725	9.750	9.700	39.025	
	Karolyn's	9.900	9.825	9.825	9.900	39.475	78.450
2.	Shannon Miller	9.825	9.800	9.825	9.825	39.275	
	Kyrgyzstan	9.950	9.750	9.375	9.825	39.800	78.250
3	Joycie Phelps	9.625	9.725	9.375	9.150	38.475	
	Cincinnati	9.325	9.850	9.300	9.425	38.700	77.331
4.	Dominique Dawes	9.700	9.675	9.500	9.675	38.550	
	Hill's Angels	9.550	9.800	9.525	9.300	38.175	77.525
5.	Kerri Strug	9.825	9.600	9.450	9.825	38.700	
	Olympics	9.300	9.825	9.150	9.800	38.375	77.063
6.	Mary Beth Arnold	9.575	9.550	9.300	9.400	37.825	
	Flyers	9.675	9.750	9.350	9.475	38.250	76.073
7	Dani Thompson	9.450	9.550	9.350	9.475	37.825	
	Color Animals	9.525	9.800	9.675	8.950	37.950	75.750
8	Amy Chow	9.675	9.700	9.450	9.425	38.250	
	West Valley	9.775	9.425	9.400	9.425	37.325	75.523
9	Kaine Toft	9.900	9.500	9.450	9.475	37.425	
	Gymnastics	9.325	9.425	9.425	9.650	37.825	75.170
10	Heather Brink	9.500	9.400	8.800	9.175	36.875	
	Hill's Angels	9.550	9.600	9.325	9.675	38.150	75.063
11	Monica Flemmer	9.400	9.425	9.025	9.400	37.300	
	Cypress	9.500	9.100	9.575	9.450	37.625	74.860
12.	Justine Pickens	9.300	9.375	9.075	9.225	37.025	
	Cypress	9.300	9.625	9.500	9.300	37.925	74.770
13	Morgan Brunsek	9.375	9.800	8.950	9.275	36.300	
	Hill's Angels	9.500	8.950	9.475	9.550	37.475	74.960
14.	Theresa Kulikowski	9.500	8.550	9.225	9.400	37.175	
	Color Animals	9.375	9.175	9.275	9.350	36.975	74.110
15.	Melissa Bluedorn	9.325	9.300	8.500	8.775	36.100	
	Brewer's	9.150	9.275	9.475	9.425	38.450	74.080
16.	Alecia Ingram	9.000	8.650	9.150	9.525	36.325	
	Dynamo	9.525	9.425	9.500	9.325	37.775	73.870
17	Trudie Graham	9.300	9.375	9.000	9.000	36.675	
	Olympus	9.500	9.250	9.025	8.950	36.725	73.630
18.	Soni Mendoza	9.000	9.100	9.300	9.125	36.525	
	Dynamo	9.475	9.550	9.225	8.800	37.150	73.550
19	Elizabeth Raad	8.700	9.225	9.100	9.350	36.375	
	Kouns	9.575	9.225	9.125	9.625	37.650	73.370
20	Rachel Kachtik	9.475	9.225	8.775	9.100	36.625	
	Cypress	9.775	9.375	8.700	9.400	38.250	73.350

Compulsories were weighted 60% and optionals were weighted 40% of the total score.

WOMEN'S JUNIOR NATIONAL TEAM

#	NAME	VT	UB	BB	FX	AA	
1	Mesi Kim	9.600	9.475	9.700	9.325	38.150	
	Dynamo	9.500	9.525	9.525	8.825	37.475	75.625
2.	Vanessa Atler	9.700	9.475	8.800	9.500	37.525	
	Chester Oaks	9.800	9.125	9.825	9.525	37.925	75.450
3	Alexa Brien	9.550	9.425	8.800	9.550	37.325	
	Gymstreak	9.550	8.675	9.775	9.750	37.750	75.075
4	Kristen Stasky	9.450	9.450	9.450	9.375	37.725	
	Seitz	9.400	8.700	9.450	9.150	37.003	74.725
5.	Robin Phelps	9.500	9.400	9.000	9.425	37.575	
	Cincinnati	9.500	9.475	8.925	9.000	37.100	74.675
6.	Jenna Dewsbury	9.725	9.500	9.000	9.025	37.250	
	Chester Oaks	9.700	9.625	7.950	9.500	36.825	74.075
7	Breanna Rutherford	9.425	9.175	9.175	9.375	37.150	
	U.S. Gym.	9.375	9.250	9.375	8.950	37.050	74.090
8.	Kristie Dyson	9.450	9.450	9.625	9.200	37.725	
	Cypress	9.250	9.575	9.150	8.275	36.250	73.975
9	Jeannette Ashkin	9.500	9.475	8.925	9.275	37.175	
	Seitz	9.375	9.300	9.025	9.025	36.775	73.950
10	Rebecca Whitehurst	9.375	9.250	9.000	9.425	37.050	
	Cypress	9.450	9.225	8.900	9.150	36.725	73.775
11	Melinda Rutherford	9.125	9.075	9.375	9.275	36.850	
	Cypress	9.400	8.825	9.200	9.325	36.750	73.700
12	Corena Murphy	9.400	9.125	8.900	8.975	36.400	
	Desert Devils	9.400	9.500	9.000	9.400	37.250	73.650

Optionals Day 1 were weighted 50% and Optionals Day 2 were weighted 50% of the total score.

1995 COCA-COLA NATIONAL CHAMPIONSHIPS

AUGUST 16-19

NEW ORLEANS, LA

USA TEAM 'SG

#	NAME	FX	PH	SR	VT	PB	HB	SCORE	
1	John Roethlisberger	9.500	9.400	9.550	9.650	9.300	9.650	57.900	
	Minnesota	9.400	9.800	9.450	9.950	9.500	9.725	56.425	114.325
2.	Mohini Bhardwaj	9.200	9.600	8.750	9.550	8.950	9.700	55.750	
	Gold Cup	8.550	9.550	8.900	8.700	8.950	9.725	54.425	110.540
3.	Shanna Wilson	9.400	8.750	9.100	9.550	8.950	9.200	54.950	
	Ohio State	9.500	9.150	9.450	9.100	9.000	9.000	55.100	110.400
4.	Jair Lynch	8.950	9.300	9.000	9.500	9.400	9.500	55.650	
	Stanford	9.100	9.600	8.750	9.400	9.500	8.550	54.900	110.400
5	Kip Simons	9.450	8.500	9.300	9.700	8.850	9.550	55.350	
	Ohio State	9.450	8.550	9.150	9.300	9.050	8.900	54.300	109.620
6.	John Macready	9.250	8.350	8.900	9.400	9.150	9.400	54.450	
	USOTC	9.200	9.200	9.150	9.400	8.500	9.700	55.250	108.540
7	Jarrod Hanks	9.200	9.150	8.900	9.200	8.800	8.850	54.150	
	Oklahoma	9.300	9.350	9.400	8.850	9.400	9.350	55.650	108.460
8.	Jack Stein	9.300	8.300	9.150	9.200	8.950	9.100	54.100	
	Stanford	9.250	9.575	8.900	8.800	9.200	9.450	55.175	108.020
9	Mark Beutt	9.400	8.600	8.450	9.600	8.850	9.100	54.000	
	Stanford	8.650	9.500	8.800	9.100	8.700	9.500	53.750	107.110
10.	Brian Yee	9.150	8.650	8.500	9.550	8.950	9.100	54.200	
	Minnesota	8.950	9.500	9.250	9.350	9.100	7.850	53.800	108.000
11	Mike Moran	9.350	8.200	9.350	9.500	8.200	8.050	52.650	
	Daggett's	9.250	8.650	9.250	9.200	8.650	9.250	54.250	106.900
11	Chauncy Umphrey	9.200	8.500	9.450	8.850	8.800	8.950	53.700	
	UCLA	9.300	7.900	9.100	9.200	9.100	9.650	54.200	107.900
13.	Casey Bryan	9.300	8.950	8.900	9.400	8.700	8.350	53.700	
	Oklahoma	9.400	8.500	8.350	8.800	9.050	9.550	53.750	107.440
14	Rob Koffler	8.650	8.350	9.300	9.300	9.150	9.350	54.200	
	Gold Cup	8.700	9.200	8.500	9.400	7.650	9.050	52.500	107.040

Compulsories were weighted 60% and optionals were weighted 40% of the total score.

USA TEAM 2000

#	NAME	SCHOOL	FX	PH	SR	VT	PB	HB	SCORE
TR & Over									
1.	Jack Beckstedt	Cal-Berkeley	9.350	8.750	9.100	9.100	8.400	9.750	53.350
2.	Tyler Vogt	Iowa	8.950	8.450	8.800	9.150	8.900	8.700	52.750
3.	Gwen Zacharcom	Cal-Berkeley	9.000	9.100	7.850	9.050	8.750	8.950	52.700
4.	Steve Marshall	U.S. Military	9.100	9.150	8.050	9.200	8.250	8.800	52.350
5.	Drew Frank	Temple	8.600	8.750	8.700	8.550	8.900	8.750	52.250
TR & Under									
1	Mike Morgan	Downs City	8.950	8.150	8.800	8.000	8.850	8.400	52.650
2.	Geed Young	Burt Comet	9.100	8.200	8.350	8.200	8.550	8.400	51.700
3.	Derrik Lutter	Neb. 500	8.450	8.850	8.050	8.200	7.850	8.200	53.200
4.	Freddie Dowd	Top Flight	8.150	8.450	7.800	8.700	8.200	8.250	53.300
5.	Tim Brown	World Cup	8.650	8.550	7.750	8.800	7.800	8.800	49.350
6.	Todd Strada	Atlantis SOG	8.850	8.800	8.250	8.400	7.200	8.800	49.350
7	Danny Buch	Gym Masters	8.800	8.000	8.000	8.650	8.400	8.500	49.450
8.	Jason Kraus	Temple	8.350	8.150	8.150	8.200	8.200	8.350	49.800

Mike Morgan competed in the senior division and attempted to make Team '96. Morgan did not qualify for Team '96, but qualified for Team 2000.

Team 2000 did one day of optional competition to determine the national team.

MEN'S EVENT FINAL RESULTS

FLOOR EXERCISE

#	NAME	HOMETOWN	CLUB/SCHOOL	SCORE
1	Daniel Stever	N/A	Oklahoma	9.675
2	Brenna Wilson	Columbus, Ohio	Ohio State	9.550
3	Mike Rasmussen	West Babylon, N.Y	Kurt Connor's	9.550
4	Jarrod Hanks	Lafayette, Ala.	Oklahoma	9.375
5	Casey Bryan	Woods Cross, Utah	Oklahoma	9.125
6	John Macready	Los Angeles, Calif.	USOTC	8.925

POMMEL HORSE

#	NAME	HOMETOWN	CLUB/SCHOOL	SCORE
1	Mark Sohn	Arlington Heights, Ill.	Unattached	9.812
2.	Jason Bertram	N/A	Cal-Berkeley	9.650
3.	Chris Waller	Mt. Prospect, Ill.	UCLA	9.562
4	Tim Lynch	Washington, D.C.	Stanford	8.950
5	John Roethlisberger	Minneapolis, Minn.	Minnesota	8.925
6	Mike Hogue	Albuquerque, N.M.	Gold Cup	8.825

STILL RINGS

#	NAME	HOMETOWN	CLUB/SCHOOL	SCORE
1	Paul Tikhil	Mendon, N.Y.	USOTC	9.812
2.	John Roethlisberger	Minneapolis, Minn.	Minneapolis	9.575
3	Jarrod Hanks	Lafayette, La.	Oklahoma	9.562
4	Blaine Wilson	Columbus, Ohio	Ohio State	9.500
5	Mike Hogue	Windsor, Conn.	Daggett's	9.350
6	Chris Lemoine	Long Island, N.Y	Gold Cup	9.350

WOMEN'S EVENT FINAL RESULTS

VAULT

#	NAME	HOMETOWN	CLUB/SCHOOL	SCORE
1	Shannon Miller	Edmond, Okla.	Dynamo	9.837
2	Heather Brink	Lincoln, Neb.	Dynamo	9.781
3.	Dominique Moceanu	Hollywood, Calif.	Karolyi's	9.756
4	Dominique Dawes	Silver Spring, Md.	Hill's Angels	9.643
5	Joycie Phelps	Greenfield Ind.	Cincinnati	9.581
6	Mohini Bhardwaj	Cincinnati, Ohio	Women's	9.337

BARS

#	NAME	HOMETOWN	CLUB/SCHOOL	SCORE
1.	Dominique Dawes	Silver Spring, Md.	Hill's Angels	9.912
2	Dani Thompson	Colorado Springs, Colo.	Colorado Aerials	9.862
3	Kerri Strug	Tucson, Ariz.	Colorado Aerials	9.812
4	Mohini Bhardwaj	Cincinnati, Ohio	8 men's	9.750
4	Joycie Phelps	Greenfield, Ind.	Cincinnati	9.750
6.	Dominique Moceanu	Hollywood, Calif.	Karolyi's	9.262

BEAM

#	NAME	HOMETOWN	CLUB/SCHOOL	SCORE
1	Dani Thompson	Colorado Springs, Colo.	Colorado Aerials	9.687
1	Monica Flemmer	Overton, Texas	Cypress Juniors	9.887
3	Dominique Dawes	Silver Spring, Md.	Hill's Angels	9.600
4	Keagan Ivanovich	Monte Sereno, Calif.	Hill's Angels	9.500
5	Dymamique Moceanu	Hollywood, Calif.	Karolyi's	9.100
6	Alecia Ingram	Knoxville, Tenn.	Dynamo	9.037

FLOOR

#	NAME	HOMETOWN	CLUB/SCHOOL	SCORE
1	Dominique Dawes	Silver Spring, Md.	Hill's Angels	9.900
2.	Dominique Moceanu	Hollywood, Calif.	Karolyi's	9.800
3	Shannon Miller	Edmond, Okla.	Dynamo	9.775
4	Kerri Strug	Tucson, Ariz.	Colorado Aerials	9.725
5	Heather Brink	Lincoln, Neb.	Dynamo	9.375
6	Joycie Phelps	Greenfield, Ind.	Cincinnati	9.087

1995 U.S. OLYMPIC FESTIVAL

JULY 21-30—COLORADO

WOMEN'S ALL-AROUND

#	NAME	CLUB	VT	UB	BB	FX	AA
1	Kerri Strug	Colorado Aerials	9.900	9.925	9.650	9.800	39.125
2.	Heather Brink	Dynamo	9.775	9.775	9.575	9.825	38.950
3	Vanessa Atler	Gliders	9.700	9.800	9.550	9.750	38.750
4.	Gei Kachura	Capital National	9.600	9.550	9.725	9.825	38.700
5.	Michai-Bhardwaj	Brown's	9.775	9.675	9.350	9.575	38.375
6.	Mina Kim	Dynamo	9.450	9.800	9.725	9.575	38.350
7	Jamie Huntsinger	Gliders	9.650	9.800	9.700	9.250	38.100
8	Rachal Rockell	Cypress	9.725	9.550	8.925	9.675	37.875
9	Melinda Beidenbrige	Cypress	9.400	9.250	9.600	9.575	37.825
10	Saul Medmon	Dynamo	9.650	9.525	9.300	9.525	37.800
11	Kristi Lichey	Cincinnati	9.600	9.475	8.900	9.275	37.250
11	Deidre Graham	Olympus	9.450	9.575	9.450	9.275	37.750
13.	Kristen Sturley	Salta Gym.	9.375	9.625	9.425	9.275	37.700
14	Alison Sclen	Gymstreets	9.800	9.275	8.900	9.150	37.625
15	Breanna Rutherford	New England Gym.	9.350	9.450	9.450	9.200	37.450
16.	Alison Ingram	Dynamo	9.575	9.450	9.400	8.375	37.800
17	Kinsey Rowe	Cypress	9.800	9.475	8.975	9.525	37.375
18.	Karen Lichey	Cincinnati	9.650	9.500	9.000	9.200	37.350
19	Amy Marchant	New England Gym.	9.400	9.450	8.875	9.575	37.300
20	Ashley Kurtz	Capital Gym.	9.225	9.500	9.650	9.425	37.250
21	Jenni Rockhurst	Brown's	9.450	9.700	8.450	9.650	37.250
22.	Jessica Kinkaid	Dynamo	9.425	9.700	8.750	8.900	36.925
23.	Theresa Kulikowski	Colorado Aerials	9.350	0.000	8.800	9.675	18.025

RHYTHMIC ALL-AROUND

#	NAME	CLUB	ROPE	HOOP	BALL	CLUBS	RIBBON	AA
1	Jessica Harris	Gymnastix	18.400		19.450	18.350	18.900	73.800
2.	Noelle Lenoncle	Rhythmic Gems	17.875	17.750		18.200	17.775	71.600
3	Lauri Lily	Rhythmic Gems	18.075	18.150		17.150	18.175	71.500
4.	Tina Tharp	Int'l RSG Gym.	17.900		17.750	17.475	18.100	70.225
5.	Caroline Ford	Illinois RSG	17.575		19.000	17.575	17.525	70.675
6.	Brooke Bushnell	Gymnastix	17.125		17.200	17.925	17.525	69.775
7	Liesel Higa	Calif. Aeial	17.250		17.700	16.300	17.675	69.475
8	Kelly Bumper	Anaheim's RSG	16.600	17.525		17.000	17.575	68.700
9	Kristin Lee	Silhouette Acad.	16.600		17.375	17.475	17.200	68.650
10	Melissa McHenry	Houston Illus.	16.300	16.725		16.850	17.200	67.225
11	Kacey Schantzinhrisan	Atlanta Int'l	16.775	17.050		16.750	17.075	67.650
12.	Lou Fredrickson	Illinois RSG	16.525		16.950	16.500	17.450	67.425
13	Tara McGrge	Int'l RSG Gym.	15.575	17.475		16.775	17.150	66.975
14	Kate Jeffries	Rhythmflex	17.300	16.525		16.900	16.450	66.875
15.	Dione Quinn	Creative Gym.	16.475	16.800		16.725	16.075	65.075
16.	Johanna Shoemaker	Rhythmflex	8.375	0.450		8.800	8.050	33.175

MEN'S ALL-AROUND

#	NAME	SCHOOL	FX	PH	SR	V	PB	HB	AA
1	Richard Tanre	Univ of Neb	9.200	9.750	9.200	9.650	9.550	9.500	56.850
2	Rob Kieffer	Gold Exp	9.350	9.700	9.350	9.150	9.650	9.550	56.850
3	Brian Yee	Minnesota	9.400	9.850	9.400	8.550	9.500	9.100	56.800
4.	Mike Moran	Doggett's	9.675	9.200	9.750	9.450	9.250	9.400	56.725
5.	Jay Thornton	Iowa	9.850	9.550	9.400	8.200	9.150	9.550	56.700
6.	John Mosowsky	USOTC	9.750	9.150	9.050	9.300	9.250	9.650	56.150
7	Tyler Vogt	Iowa	9.800	9.350	9.800	9.350	9.000	9.450	55.650
8	Dave Frank	Temple	9.450	9.700	9.200	9.050	8.950	9.900	55.250
9	Derek Leiter	Neb. School	9.500	9.350	8.700	9.000	8.950	9.500	54.950
10	Jay Hiley	Top Flight	8.300	9.200	8.700	8.950	9.250	9.400	54.300
11	Andrew Mason	Univ of Calif	9.050	9.150	8.550	9.000	8.900	9.800	54.550
12.	Gevin Southerman	Univ of Calif	9.100	9.250	8.350	9.250	8.850	9.450	54.250
13.	Lindsey Fong	Gymnastrum	9.350	8.900	8.800	8.800	9.150	9.200	54.000
13	Gourd Young	Bart Conner	9.300	8.900	8.600	9.000	8.950	9.050	54.000
15	Freddie Uzcall	Top Flight	8.650	9.650	8.400	9.000	9.550	9.550	53.900
16	Chad Connor	Metroplex	9.150	9.050	8.400	8.850	8.800	9.150	53.100
17	Ryan Waygoner	Citadel	8.550	8.550	8.800	8.850	8.700	9.000	52.450
18.	Scott Peters	Gymnastrum	8.700	8.900	8.250	8.550	8.600	8.800	52.200
19	Todd Strada	Atlanta School	8.800	8.850	8.500	8.500	8.950	8.550	52.150
20	Anthony Petrocelli	Int'l Gym.	8.750	8.250	8.200	9.150	8.800	9.100	51.950
21	Sean Townsend	GymMasters	8.700	8.950	8.800	8.650	8.400	9.800	51.900
22.	Sean Contreras	Neb. School	9.250	7.500	8.700	9.100	8.200	7.750	51.000

WOMEN'S EVENT FINALS

VAULT

#	NAME	SCORE
0	Heather Brink	9.862
2.	Melissa Bhardwaj	9.737
3	Rachel Rockell	9.712
4	Karin Lichey	9.637
5.	Teresa Dantzsche	9.625
6.	Vanessa Atler	9.550

BARS

#	NAME	SCORE
0	Kerri Strug	9.875
2.	Melissa Bhardwaj	9.850
3.	Heather Brink	9.800
3.	Jenny Rockhurst	9.300
5.	Kristen Sturley	9.275
6.	Vanessa Atler	9.200

BEAM

#	NAME	SCORE
0	Melissa Beidenbrige	9.600
1	Vanessa Atler	9.300
3.	Kerri Strug	9.275
3.	Gei Kachura	9.275
5.	Mina Kim	9.250
6.	Heather Brink	9.225

FLOOR

#	NAME	SCORE
0	Alexis Brice	9.850
2.	Vanessa Atler	9.700
2.	Kristi Lichey	9.700
4.	Gei Kachura	9.625
5.	Heather Brink	9.550
6.	Rachel Rockell	9.050

MEN'S EVENT FINALS

FLOOR

#	NAME	TOTAL
1	Jay Thornton	9.850
2	Sean Contreras	9.700
3	Mike Moran	9.550
4	John Mosowsky	9.450
5	Derek Leiter	9.400
6	Dave Frank	9.300

PUMMEL HORSE

#	NAME	TOTAL
1	Brian Yee	9.800
2	Rob Kiffer	9.300
2.	Richard Grace	9.800
4	Tyler Vogt	9.600
5	Jay Thornton	9.500
6	Derek Leiter	9.250

STILL RINGS

#	NAME	TOTAL
1	Mike Moran	9.700
2	Dave Frank	9.800
3	Tyler Vogt	9.600
4	Jay Thornton	9.500
5	Richard Grace	9.450
6	Rob Kieffer	8.900

VAULT

#	NAME	TOTAL
1	Richard Grace	9.650
2	Brian Yee	9.700
2.	John Mosowsky	9.500
4	Jay Thornton	9.400
5	Tyler Vogt	9.800
6	Mike Moran	9.200

PARALLEL BARS

#	NAME	TOTAL
1	Richard Grace	9.500
2.	Rob Kieffer	9.700
3.	Brian Yee	9.550
4.	Andrew Mason	9.500
5.	Jay Hiley	9.800
5.	Freddie Uzcall	9.800

HIGH BAR

#	NAME	TOTAL
1	John Mosowsky	9.900
2.	Freddie Uzcall	9.600
3.	Rob Kieffer	9.050
4	Jay Thornton	9.000
5	Richard Grace	8.750
6.	Derek Leiter	8.500

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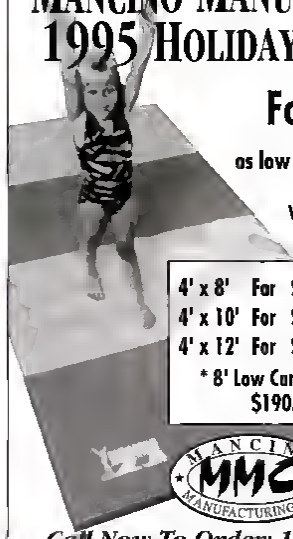

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CHINA CUP

MAY 22-JUNE 3

Kellee Davis from the American Twisters in Pampana Beach, Fla., and Mahini Bhardwaj from Brawn's Gymnastics in Altamante Springs, Fla., competed in the Soaring Dragon China Cup and the China Cup Finals on May 22-June 3.

Davis placed third all-around with a 38.875 behind China's Ma Huilan with 39.387 and Liu Xuan with 39.362. Bhardwaj took seventh all-around with a 38.125.

During the event finals at the Soaring Dragon Cup, Bhardwaj and Davis tied for third on bars with a 9.775. Davis also took third on beam with a 9.700. At the China Cup event finals, Bhardwaj took third on beam.

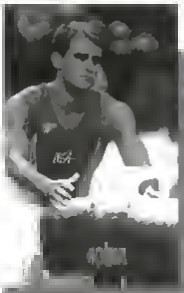
In the mixed pairs competition China's Fan Bin and France's Elvire Teza took first, followed by Aliaz Pegan of Slavenia and Bhardwaj in second, and China's Huang Huadang of China and Davis in third.

Brown's Ray Gnat and American Twister's Tim Rand were the U.S. coaches, and Carolyn Brown was the judge and delegation leader.

USA GYMNASTICS PHOTO © DAVE BLACK

Above: Kellee Davis
Below: Mahini Bhardwaj

USA GYMNASTICS PHOTO © DAVE BLACK



USA GYMNASTICS PHOTO © DAVE BLACK

Left: Mark Sohn
Below: Kristen Maloney

VI INTERNATIONAUX DE FRANCE

MARCH 18-19

By Cheryl Hamilton

The VI Internationaux de France was a qualification event to the European Cup finals, so the best gymnasts in Europe were competing.

The U.S. delegation included gymnasts Kristen Maloney and Mark Sohn. Maloney's coach-es Donna Strauss and Jack Carter and Sohn's coa-[illegible]-ier made the trip along with judge and delegation leader Cheryl Hamilton.

Maloney took 19th all-around in only her second international event. Russia's Svetlana Charkina won the all-around followed by Romania's Andrea Cocovean and Simona Amanar.

Sohn competed pommel horse only and finished 11th with a score of 9.35.

GOLDEN SANDS

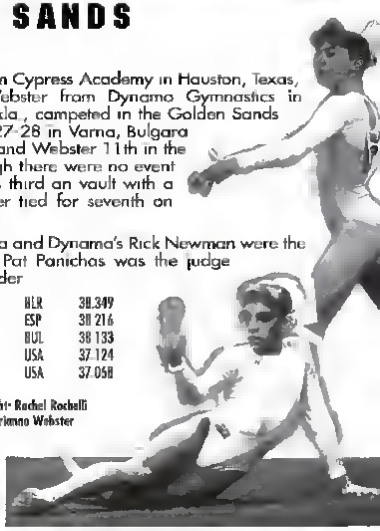
MAY 27-28

Rachel Rochelli from Cypress Academy in Houston, Texas, and Marianna Webster from Dynamo Gymnastics in Oklahoma City, Okla., competed in the Golden Sands competition, May 27-28 in Varna, Bulgara. Rochelli took 10th and Webster 11th in the all-around. Although there were no event finals, Rochelli was third an vault with a 9.725 and Webster tied for seventh on beam with a 9.50.

Cypress' Luis Garcia and Dynama's Rick Newman were the U.S. coaches and Pat Panichas was the judge and delegation leader.

1.	Elena Piskun	BLR	38.349
2.	Monica Marton	ESP	38.216
3	Vesselina Gentcheva	BUL	38.133
10	Rachel Rochelli	USA	37.124
11	Marianna Webster	USA	37.058

Above right: Rachel Rochelli
Right: Marianna Webster



USA GYMNASTICS PHOTO © DAVE BLACK

Above (l-to-r): Dr. James Chudy, Kristen Stucky and Jody Dobransky.

HAPOEL GAMES

JUNE 10-14

By Jody Dobransky

Kristen Stucky from Wisconsin Saltos competed in her first international competition, Hapoel Games, in Tel Aviv, Israel. Stucky coached by Dr. James Chudy, finished 12th all-around in a highly competitive field. She also placed on beam and vault to earn a spot in the Gala, which was the dedication and formal opening of Israel's beautiful new national training center.

The Romanian women dominated the competition with Alexandra Marinescu in first and Claudia Presecan in second. Belarus' Elena Piskun took third. The men's competition was won by Ukraine's Igor Korobchinski. Belarus' Ivan Ivankov earned second place in the all-around.

USA MEN'S AND WOMEN'S TEAM EARN GOLD

FIRST PACIFIC OCEAN SPORTS GAMES

CALI, COLUMBIA—JUNE 21-27

Below: Back row (l to r)—Tatiana Pershaya, Dana Baker, Maureen Chagnon, Jim Walker, Debbie Kutschuck, Front row (l to r)—Melinda Bainbridge, Alexis Brion, Gail Kachura, Breanne Rutherford, Kinsey Rowe

Melinda Bainbridge

Gail Kachura

WOMEN TEAM

1.	USA	114.196
2.	AUS	110.447
3.	NZL	104.799

ALL-AROUND

1	Gail Kachura	USA	38.498
2	Melinda Bainbridge	USA	37.649
3.	Alexis Brion	USA	37.648

VAULT

1.	Gail Kachura	USA	9.632
2.	Alexis Brion	USA	9.474
3	Kristina Fristic	AUS	9.263

BARS

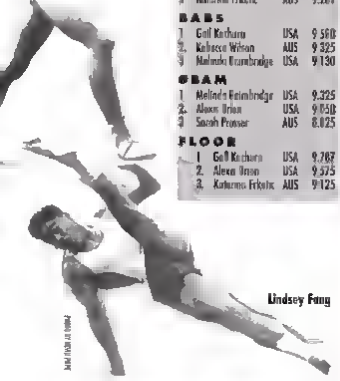
1	Gail Kachura	USA	9.560
2.	Rebecca Wilson	AUS	9.325
3	Melinda Bainbridge	USA	9.150

BEAM

1	Melinda Bainbridge	USA	9.325
2.	Alexis Brion	USA	9.050
3	Sarah Prosser	AUS	8.825

FLOOR

1	Gail Kachura	USA	9.787
2.	Alexis Brion	USA	9.575
3.	Katerina Fristic	AUS	9.125



Lindsey Fung

MEN'S TEAM

1.	USA	153.55
2.	AUS	149.35

ALL-AROUND

1.	Derek Lotter	USA	51.50
2.	Lindsey Fung	USA	51.25
3.	David Schneider	AUS	50.55

FLOOR

1	Derek Lotter	USA	9.050
2.	Sean Contreras	USA	9.000
3.	Dave Smith	AUS	8.650

POMMEL HORSE

1.	David Schneider	AUS	9.700
2.	Jason Katsaropes	USA	8.750
3.	Lindsey Fung	USA	8.500

RINGS

1	Lindsey Fung	USA	8.600
2.	Sean Contreras	USA	8.450
3.	Dan McNamara	AUS	8.200

VAULT

1	Derek Lotter	USA	8.900
2.	Guard Young	USA	8.770
3.	Dan McNamara	AUS	8.600

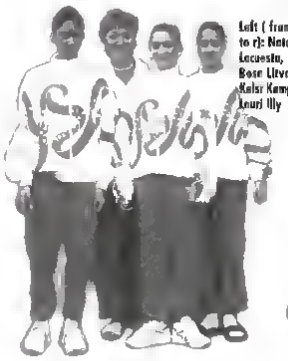
PAUALLEL BARS

1.	Guard Young	USA	8.400
2.	Sean Contreras	USA	8.350
3.	Justin Ng	AUS	8.250

HIGH BAR

1	David Schneider	AUS	8.150
2.	Lindsey Fung	USA	8.000
3.	Derek Lotter	USA	7.950

Derek Lotter



Left (from l to r): Natalie Lacuesta, Rose Litva, Kelsi Kemper, Lauri Illy

RHYTHMIC TEAM

1.	AUS	105.300
2.	USA	101.200
3.	MAS	95.50

ALL-AROUND

1	Shaneez Johnston	AUS	35.000
2.	Danielle Leray	AUS	34.900
3.	Grey Allison	AUS	34.700
4.	Lauri Illy	USA	34.700
6.	Kelsi Kemper	USA	33.900
9	Natalie Lacuesta	USA	32.400

ROPE

1	Lauri Illy	USA	8.800
2.	Danielle Leray	AUS	8.500
3.	Natalie Lacuesta	USA	8.400

CLUBS

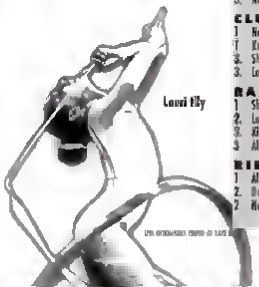
1	Nicholas Cerbese	AUS	8.500
T	Kelsi Kemper	USA	8.500
3.	Shaneez Johnston	AUS	8.300
3.	Lauri Illy	USA	8.300

BALL

1	Shaneez Johnston	AUS	8.700
2.	Lauri Illy	USA	8.500
3.	Xin Thye Chee	MAS	8.300
3	Alison Gray	AUS	8.300

RIBBON

1	Alison Gray	AUS	8.900
2.	Danielle Leray	AUS	8.700
2	Natalie Lacuesta	USA	8.700



Lauri Illy

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Focus in the gym

JENNIFER FRIEND
STOCKTON, CALIFORNIA

Jennifer, 9, is in the fourth grade and trains at Lescum Gymnastics Academy. She won second place all-around at a recent meet. Her favorite events are bars, beam and floor. She is coached by Gil, Ronnie, Kathy and Margo.

NATICA RENEE JOHNSON
VICKSBURG, MISSISSIPPI

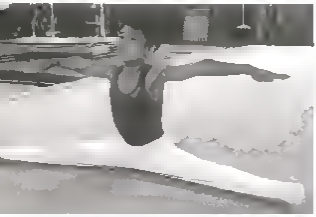
Natica, 11, is from Gymsports America and is coached by Hal Heiman. She finished as the top gymnast in the state by scoring the highest all-around score (36.450) as a Level 9. She competed in the Southern Regional and also won first place in her age group. She is working as a Level 10 gymnast and has her sights set on the 2000 Olympic Games.

LEIGH ANN KENNEDY
INDIANAPOLIS, INDIANA

Leigh Ann, 12, is the Indiana Level 9 State Champion and is currently training for Level 10. She trains at DeVeaux School of Gymnastics and is coached by Bret Norman. She promises to be a competitive Level 10 and plans to make nationals. She likes swimming, shopping and collecting leotards.

TIM ESCAMILLA
LITA, CALIFORNIA

Tim, 12, trains at the Gold Coast Gym in Ventura, Calif. He's been involved with special gymnastics for four years. This past year he also joined the regular boy's classes. Tim won two gold, two silver and two bronze medals at the '95 UCLA State Championships. Tim is coached by Duncan and would like to thank his coach and all the boys on both teams for their encouragement and support.



LESTER B. NICHOLS III
SPRING HILL, FLORIDA

Lester is a fourth grader at Wider Horizon School. At age 6 he was the Florida Level 7 State Champion. Since that time he has finished runner up at the AAU Level 6 Championships and the USA Gymnastics Level 6 Championships. He is currently working on Level 5 at Citrus County Gymnastics and is coached by Erstwhile Gary Hickman.

CARRIE MCANGUS
SHREVEPORT, LOUISIANA

Carrie, 12, is a Level 10 gymnast. She was the 1995 Louisiana State Champion and the Region VIII Champion. With her score of 37.675, Carrie defeated other gymnasts from eight states earning the top seed on the Region VIII team. She trains at the Shreveport Olympian Gym under her mentors Bill Hardy and Denise Cook.

NICOLE HAMEISTER
LYNWOOD, ILLINOIS

Nicole, 9, is from Illinois Gymnastic Experience in South Holland, Ill. In Level 6 she placed first in state meet with a 9.90 on bars, 9.65 on floor, 9.75 on beam and 9.10 on vault for an all around score of 37.00. Nicole was selected as a finalist in the National Top Team Program which allowed her to travel to Tulsa, Okla. for the National Training Camp. Nicole is now training as a Level 8.

PAM BOWERS
OREM, UTAH

Pam is a Level 9/10 competitor at Olympus School of Gymnastics in Salt Lake City, Utah. Pam, 17, has been in gymnastics since she was 11. She won the Utah State All Around Championships in the seniors division for the last three years as a Level 6-8. Pam's favorite events include bars and beam. Pam trains four hours a day, five days a week and hopes to compete in a college program after graduation from high school next year.

Would you like to be included in the Focus on the Gym section? Send a recent photo and a paragraph of information to: USA Gymnastics, Focus on the Gym, Pan American Plaza, 201 S. Capitol Ave., Suite 300, Indianapolis, IN 46225.

Photos can be black and white or color. Sorry, photos cannot be returned.

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Brown's Gymnastics seeking full-time and part-time experienced coaches for our recreational and team programs at Brown's Gymnastics of Houston and Brown's Gymnastics of Orlando Brown's Gymnastics offers the largest and best equipped facilities in the USA. Administrative positions also available Send resume to Brown's Gymnastics, 740 Orange Avenue, Altamonte Springs, FL 32714.

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Full and part-time long term positions are available for experienced and responsible gymnastics coaches Our many programs include preschool, girls and boys competitive development and team, special education, and physical education classes. Well established gym school in southern California with several locations. New York City site also available Broadway offers the best if you offer the best. Send or fax resume and call M. Cates at (310) 450-0012, fax (310) 450-6412 Broadway Gymnastics School, 1657 12th St., Santa Monica, CA 90404.

Team Coaches Enthusiastic, self-motivated, experienced individuals to coach developmental teams through optionals Must have good spotting skills 14,000 sq. ft facility with inground tramp and pit Great salary and benefits Submit resume with references and salary history to Gymnastic World, 15989 Old U.S. 41, Ft. Myers, FL 33912 or call (941) 482-4440.

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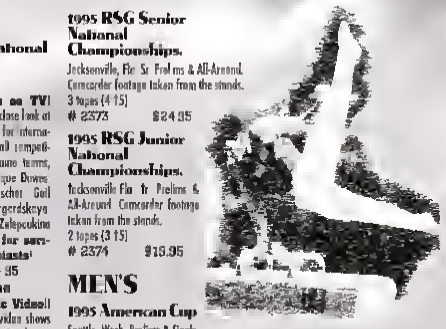

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Charissa Beck
Brown's Gymnastics, Houston, Texas

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Avoid a deep squat into the flip flop.

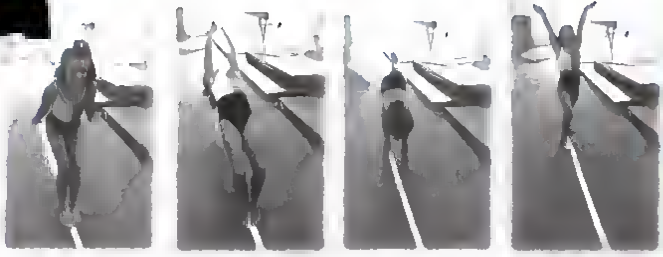
Avoid throwing your head back.

As you finish in the lunge, avoid putting all the weight on the back leg. It tends to cause unnecessary wobbles. Instead, use the first foot as a "brake" and then balance out with the back leg.

If you begin to feel unsure during any of the steps, move back to the previous step to regain your confidence.

STEP 1

Master the flip flop on a tape line on the floor. Start with one foot slightly in front of the other as you would on the beam. Work on maintaining consistency with your hands and finish the flip flop in a lunge position.



STEP 2

Once you're consistent on the floor, then it's time to take it to the low beam. As you begin this skill, use panel mats on the side of the beam in case your hand or foot slips.

You may also try using a beam pad or sting mat over the low beam to add width to the beam. Use a spotter until you build your confidence. As you become more consistent with your hands and feet, begin to pull some of the surrounding mats away.

STEP 3

Once you've mastered the flip flop on the low beam without any pads or mats then you're ready to move to the medium beam. Have your coach spot until you're ready to try it alone.

STEP 4

The final step is to move the flip flop to the high beam. Again, have your coach spot until you're ready to try it alone.

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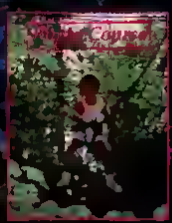

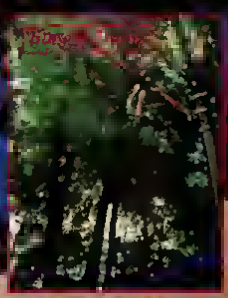

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